GOOD TEETH
BIRTH TO
DEATH

THE PRESCRIPTION
FOR PERFECT TEETH
(SEE PAGE 34)

Revised Edition, 117 Pages

with added section on
Dementia from Dentistry
Examples, Prevention and Cure
41 Page, 2574 Word User Friendly Index
by Dr. Gerard F. Judd, Professor, Chemist and Researcher

Self © January 9, 1997

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The prime purpose of this book is to assure the greatest possible
education of children and adults in making sure their teeth are not eroded,
decayed or lost, by following the simple regimen outlined therein.

Gerard F. Judd
January 9, 1997
REVISION OF "GOOD TEETH BIRTH TO DEATH"

Almost everything which anybody on earth does or writes needs to be revised. Knowledge increases; ignorance wanes. My book is no exception. I believe in simplicity and therefore try not to fix things which are not broken. When an error is discovered, I need to update my work.

Since the second edition of my book in 1997, I have learned many important things about teeth. But if I would just rewrite the book no one would know where new knowledge replaced the old. That’s important.

Recently I wrote a 23-page document answering 300 questions that people have asked me about teeth. My answers are formulated in the best language of chemistry I can give. The document is new, and extremely important to tooth care.

But even this new document is not adequate to clarify my excellent treatise, "Good Teeth Birth to Death." I need to explain what is incorrect in the old version so the reader will know some of the very valuable things I have learned to improve it.

Error No 1: First of all, I used the term “tooth decay,” a common term for dentists, at least 200 times. That was before I learned there is no such thing as tooth (enamel) decay. There are at least two evidences for this: (1) skeletons after 5,000 or more years still have their original teeth even though exposed to bacteria and viruses in all kinds of conditions, and (2) there is no carbon in the calcium hydroxy phosphate (apatite) enamel and therefore viruses and bacteria, which both require carbon to exist, are defeated. All this in spite of the fact that dentists are publishing papers in technical journals about Streptococcia Mutans as though bacteria were eaters of enamel. This is false science.

So much for tooth decay. If I had to replace the two words “tooth decay” in my book, they would be replaced with “tooth cavities.” Tooth cavities are holes in the enamel that are caused by two things: (1) acids, and (2) dentists. Acids, having the highly positive hydrogen ion (H+), pull the highly negative phosphate ion (PO43-) out of the tooth, and with it the calcium (Ca+2). As for (2), dentists use probes to dig poorly formed crystals (plaque) off the teeth and frequently dig holes right through the enamel. A dentist did that to me. I still have the tooth and it gives me no trouble, but it was cut almost in half by a dentist’s probe.

Now we all know about acids, especially those having pH 1-3.5. Nothing else in the diet will dissolve or react with enamel. Eating is done quickly enough that bacteria do not have time to create acid from the food, so we need not worry at the dinner table about anything except acids. These are contacted with water or saliva (pH 6-7), which cause them to be chemically removed. Some examples of acid foods are lemons, grapefruit, rhubarb, coca cola, sprite, root beer and other drinks. The three prevalent acids in these foods or drinks are carbonic, phosphoric and oxalic.
Error No 2: In my book I recommended to keep sugars off the teeth. Sometime after writing my book, I did an experiment, adding a hot concentrated solution of sucrose to calcium phosphate to observe whether it would have any dissolving effect. I washed the calcium phosphate again and again with the hot solution. My final conclusion was that sucrose has no significant action on teeth. This differs from my earlier conclusion and with the literature quoted on pages 24 and 25 in my book. I also did the experiment with saturated glucose and saturated fructose solutions, with the same result. Sugars do not damage teeth! My eating of candy bars has not affected my teeth!

Conclusion: From a chemical standpoint, I can safely say that sugars, non-acidic foods and bacteria cannot harm tooth enamel.

Error No 3: The third error in my book has to do with the word “dentine.” I used the word dentine to mean the center of the tooth. When I got curious and looked in Webster, I found the dentine is actually the enamel, the apatite, and the calcium hydroxy phosphate. Now that I know better, I call the middle of the teeth “pulp.”

Error No 4: A fourth change may not be an error but just a thought. A mixture of monosodium phosphate and disodium phosphate, 1/20th teaspoon/dl each, is probably better than lecithin, to provide phosphate for the body. Lecithin lowered triglycerides in my blood system from ~200 to ~50 and may have crinkled my arteries, thus accelerating my need for a quadruple bypass.

I need not discuss my outstanding book, “Good Teeth Birth to Death” further since it required only the above four changes.

I have gleaned sources of help for those of you who want reasonably priced chemicals:

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<td>NaH₂PO₄ $7.50/lb, Na₂HPO₄</td>
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The prime purpose of this book is to assure the greatest possible education of children and adults in making sure their teeth are not eroded, decayed or lost, by following the simple regimen outlined therein.

Gerard F. Judd
January 9, 1997
Why was this book written? To bring to every human the secret of how to have strong, non-decaying teeth throughout their life.

How did I come upon the secret? I am a research chemist and I did not believe our Mayor should have contaminated our pure water with the nerve poison fluoride, which I felt sure could not possibly lower decay as he claimed. Through a study of fluoridation I was led to the study of the real cause of tooth loss, of which I am now certain.

I now know that fluoride in drinking water doubles the decay rate of American teeth from 0.35 to 0.70 tooth per year by destroying the enzyme which allows flexible enamel to form. Thus fluoride is out forever as an adjunct to good teeth.

I now know that the elements of tooth enamel must be replaced daily to prevent erosion away from the decayable dentine underneath.

I now know what major factors accelerate enamel loss and how to rule out their action. I have a 110-word regimen which will insure one's having good teeth from birth to death, with no more decay. See page 34.

Good reading! Good teeth!

Gerard F. Judd, Ph.D., Chemistry
Professor of Chemistry 31 years at Phoenix Community College
Industrial Researcher 18 years
Researcher on Cancer Cure Chemicals
Received Award for Research on Manhattan Atomic Energy Project
Emeritus, American Chemical Society
Elected to Sigma Xi Research Fraternity
Member of Alpha Chi Sigma Professional Chemical Fraternity

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Good Teeth, Birth to Death

Why was this book written?

This book is written to reveal the secret that I have discovered about teeth. I have learned how to keep my natural teeth for my entire life, with no further erosion, fluorosis or decay. Since I am 74, and have 85% of my teeth, which are improving by the day, I feel qualified to give this instruction to you. If you find this instruction doesn't apply to you, please place this book in the hands of someone with tooth trouble.

What are some of my experiences up until 5 years ago which have turned me onto tackling the tooth problem?

My own experiences with bad tooth pain and dentists whom I could not afford have for many years prompted me to wonder why I should have to endure such totally unnecessary trials. The great pain and mental anguish caused by my few toothaches have stimulated me to wonder at statements I have often heard: "Oh, decay is just a matter of genetics." "Some people have perfect teeth and no decay simply because of their inherited resistance." Why, I asked myself, does this have to be true? Or more importantly, perhaps it is not true.

When I was at the University of Utah in 1942 as a poverty-stricken student, with a cold-sensitive tooth giving me great pain, I walked around the dentists' offices trying to find out how much it would cost to have my tooth fixed. My wage of $12 per month as janitor of the medical building was not sufficient to pay the $30-$50 it might cost to enter the dentist's chair. Although I asked at several offices, I never found a dentist I could talk to about money. After a lot more pain and waiting, I succumbed to one dentist whom I thought might be less greedy than the others. As I recall, he took a few minutes to fill my tooth with a sliver-mercury filling, for
$20. I felt beat—more than a month’s salary, for just 15 minutes of his time! With what would I buy my pencils, writing paper, books and school supplies? I felt the disparity in our salaries was beyond all reason, and I hated it. After all, I worked harder in my university studies than he worked in his office. It didn’t make sense for him to earn $1600-$3200 per month and me only $12.

Other tragedies have also affected me as I have grown up and encountered this problem of what I consider to be over-bloated salaries of greedy and often incompetent dentists. You might say, their attitude is charge all, or in fact more, than the traffic can bear. My mom as a young woman of 35 had arthritis and the dentist of our little town of Delta, Utah told her that this malady may be caused by her teeth. There was nothing wrong with her teeth, but she was convinced by the dentist she should have them all pulled and be fitted with false teeth to end side infections. She went ahead with this, but her arthritis was not improved. She then had the additional defect and hurt of losing her natural teeth 4,5. No doubt the cost of repairing single teeth then was about $30, an exorbitant fee for a poor farmer.

A dentist can always create a high lucrative income by the practice of x-raying the tooth, digging at the plaque, wiring cracked teeth together, grinding away and polishing the enamel, shaping down a tooth after root canals to mount a crown, building bridges or applying sealant which lasts only 6-8 years. Soon we must apply our own fillings, plastic seals and coverings. To worsen things nowadays, since most dentists are unable to do much but x-ray, fill and pull teeth, there will be 2 charges, one to the primary dentist and a second repetitive examination and larger charge for the orthodontist or specialist. This double charge is plundering America’s pocketbook and taking advantage of insurance. All these alternatives to simple erosion repair keep a person poverty-stricken while adding to the inordinate salary of the dentists. Filling a
tooth nowadays can cost $70-$100. Building a crown (a half-hour job) can cost from $800-$1200. To me, no dentist is worth more than car repair shops whose rates are $30-50 per hour. The difference between the mechanic shops and a dentist's office is that dentists have lobbied with legislatures in the states and federal government (while we have been asleep) to make sure no one can practice dentistry of even the simplest chores until they belong to a "dental union." Those belonging to this ostentatious group do everything according to a preconceived money extraction plan. Violators of the code will be busted with BATF-type gendarme equipped to exact conformity, whether the procedure is intelligent or stupid. Their code is not free enterprise.

As children of poverty stricken farmers, whenever my brother and I had a primary tooth which was ready to come out, instead of going to the dentist my parents instructed us to pull it out ourselves. This often involved the painful process of "fingering" the tooth out—or in difficult cases attaching a string to the tooth and to the door knob and slamming the door. How much nicer it would have been to have gone to a dentist who wanted to work at 1/10 the prevailing rate and have him extract our teeth at a very small fee. It would have accorded him more work and at the same time helped us solve some nasty problems.

The other day my son-in-law, who is in his 40's, told me he had no natural or false teeth. "How come?" I asked. "Well, several years ago I had teeth that needed repair and I couldn't afford it, so I had them all pulled." "How to you eat food now?" I asked. "I gum it. In other words, I eat soft food which I can gum, swallow and digest." My son-in-law is indeed a poverty stricken father with a large family, and at this age has an even lesser chance to afford false teeth than when he was younger. There are dentists who are not busy that could help him in this regard if they wished. He doesn't want free dentistry, just fair cost dentistry. Instead, dentists are greedy. They pay the technician who prepares their artificial teeth about 1/10th of their
profit. But the dentists who are controlling prices would sooner go out of business than compete in the free market. I know people who go to Mexico for dental work because the quality there is good and the cost is more reasonable.

One other experience which I had intensified the urgency I have had to learn how to stop the unnecessary curse of tooth decay. It happened in the 1960's when I lived with my 8 children in Phoenix. I had not long prior had a debilitating, disorienting illness which put me on the floor at work, gasping for breath. I thought I would die, since I could not catch my breath. Along with this, I had the strange feeling of needles and pins in my arms, hands and face. It seemed as if my body was going dead. This malady I now attribute to allergy against fluoride in the Litchfield Park drinking water. I was drinking water heavily to hopefully offset allergic headaches I had, which I now believe were also caused by fluoride\textsuperscript{8,9,10,11}. Costs for us with several children had put our whole family in a serious poverty situation. To save money I had discontinued drinking milk, which I did not know or think about at the time was a counteractant against fluoride, thereby intensifying my headaches and causing the disorienting illness. At any rate, sometime after my recovery, and still in this poverty state, I had a molar-grinder which was giving me a severe pulsing pain. I went to a Phoenix dentist who told me it would cost $80-100 to fill it. Rather than go into debt and pay this exorbitant bid for the dentist's $400 per hour salary (my school teacher's salary was about 1/25th this much at the time), I found a dentist in Sun City who would pull the tooth for $20. My tooth was so sturdy and well ensconced in the roots that the dentist had to chisel it into 4 pieces to get it out. In cleaning up, the nurse accidentally vacuumed against my epiglottis, then pulled the rubber off, leaving me with the hurting, bruised, gland swollen to the size of a pigeon egg for several weeks. The nurse and dentist never even apologized for the action, but tried to hide from me what had happened.
I have often thought how it would have been much nicer for that first dentist to offer to fill my sturdy tooth for $20 and send me home. But there again, monopolistic dentistry ruined my chance to have that perfectly good tooth with me today.

My own children and wife have also poured thousands of dollars of our scarce money, and accumulated debts, into what I consider to be unfair high cost dentistry—money which could have been spent for a new roof (ours leaked), central air conditioning to get out of the atrocious Phoenix heat, and other necessities. In my opinion, all this work left my wife and children with medium to poor teeth and no idea of how to stop erosion and decay. This experience has greatly intensified my desire to solve the tooth erosion and decay problem.

How did 3 bad Mayors and Councils of Phoenix intensify my interest and accelerate my desire to solve the tooth erosion and decay problem, and finally lead me to a viable solution?

In 1990 I met John Waughtal of Arizonans Against Fluoridation. He was collecting names on an initiative petition for placing fluoridation of the Phoenix drinking water on the ballot, so citizens could vote it down. He told me a public hearing had been held earlier where Mayor Goddard and the city council had approved a fluoridation scheme orchestrated by a local dentist, a health professional, Washington’s HHS and Atlanta’s CDC. This petition failed because of lack of effort and prejudice in not having fair news media coverage. Later in 1990 the Mayor of Phoenix announced he was going to put fluoride into Phoenix water to “help the childrens’ teeth.” He was replaced by Mayor Johnson, who falsely instructed that Phoenix was the last of 10 largest cities to fluoridate. (Los Angeles and San Antonio were not fluoridated.)

Before meeting Waughtal, I never realized such a wicked practice existed in America. The idea of putting a nerve poison like fluoride into our drinking water was a dreadful shock to me.
It absolutely collided with principles of safety and common sense gained during my 18 years of extensive research experience. I worked with fluoride on the Manhattan Project (atom bomb) and researched on fluoroorganics at Purdue University. My personal experience with it left no doubt in my mind. Fluoride is a severe nerve poison. I knew how it felt when it crept down the nerve under my fingernail, killing each nerve cell as it proceeded to release the fluoride to the next cell. Also, my chemical experience told me that the intensely small negative fluoride ion would coordinate with iron and destroy hemoglobin, the very important enzyme involved in breathing. At that time I had a clear perception or inspiration that fluoride could not possibly be of any help in decay prevention.

That Mayors Goddard, Johnson and Rimsza in succession could agree to contaminate our pure drinking water with a poison for no debacterialization or deinfestation purpose made me intensely angry and upset with them and their councils. As a result, John Waughtal and I met with Mayor Johnson. We provided him and the council with hundreds of documented studies proving that fluoride is of great harm to individual health and of no use in dentistry. At one point I asked, "Mayor Johnson, if we now know through studying 39,207 students that putting fluoride in the drinking water does not hinder decay, why would you want to put it into the water?" The Mayor just sat there staring, apparently not hearing a word I said. He deliberately ignored our pleas, because he already had an agenda. At that point I learned one more shocking reality. All the data we had provided was never even looked at, but was discarded. In the same manner, Goddard had completely ignored the advice of citizens given to him at the first hearing. I learned that these public officials listened only to the political voice of fluoridating authorities from Washington; they were not required to read anyone's facts or listen to any objections except those which emanated there. More specifically, Human Health Services in league with the Center for Disease Control personnel, were coordinating their money and efforts to make sure
Phoenix was fluoridated without broadly informing the public, allowing fair public hearings or making available to the press any counterpointing negative or missing relevant information.

Later, in Tucson, I attended one of these put up jobs in a hearing conducted by their Mayor Miller. The meeting was a joke. HHS from Phoenix had hundreds of balloons suspended in the air, with "fluoride" written on them. Fully 1/2 of the hall was occupied by Human Health personnel from Phoenix, dressed in their natty official uniforms. Why did the Mayor not ask opposing citizens to likewise decorate the hall and dress up in similar official-looking attire? The agent who flew down from Atlanta presented a slide featuring a youth with a mouth full of black, broken and decayed teeth, which he declared was a result of a lack of fluoride in the child's drinking water. This was ludicrous, inasmuch as the ppm F in his drinking water was not even reported! There was also no report on what his diet consisted of, or any details about his tooth care. This points out another feature of these guilt-ridden government people we have nowadays. They think the public is too stupid to know what's going on. They also know that citizens are too poor to bring any legal action to stop them from wasting more taxpayers' money\textsuperscript{12}; they thus get away with engaging in Nuremberg-type\textsuperscript{13} criminality. Since they also have police power over the courts (19 national cases have been ruled against plaintiffs seeking relief from fluoride), nothing under heaven will stop their projects, right or wrong.

I arrived early at the Tucson meeting and signed up as one of the first ones to speak. But the Mayor passed me over, and never did call on me. He did not want to hear the truth in that meeting. He was afraid of what I might say because of letters he had received from me. He also had already received money from the Federal Government and had installed the fluoride-dispensing equipment prior to the hearing. By his strategy, of course the measure passed.
Later, when this fluoride delivery system was hooked up to the Tucson water system, the fluoridation caused millions of dollars' damage due to corrosion problems. Essentially, they ruined their formerly good pure water delivery system and caused severe financial problems for the city in solving new chemical problems and paying for new plumbing costs. Some 3 years later the system is still providing contaminated, colored, bad tasting water because fluoride has a descaling action. It removes fungus spot, rust, and every other contaminant that has been collecting for decades. Fluoride also doubles the rate of corrosion in iron pipes\textsuperscript{14}. The officials know it, but have never apologized for their gross mismanagement or the tax burden laid on the people. Nowadays our corrupt alien government never admits wrong, which it usually is at every turn.

Has any evidence ever been given by dentists or others as to how teeth could be kept up without erosion, fluorosis and decay?

The answer to this question is an emphatic no. This booklet is a first with reasoning and proof!

I delved into the books, literature and discussions with a large host of friends who were of the same mind in the fluoridation battle in the US, Australia, New Zealand, Canada, Great Britain, Holland and Austria. Incrementally, I realized there was hope in trying to prevent tooth erosion and decay. Isabel Jansen\textsuperscript{15} sent me a book, "Nutrition and Physical Degeneration,\textsuperscript{16}" by Weston A. Price, DDS, and his wife Florence. The couple had studied communities in Switzerland, the Hebrides, and tribes of Indians in Alaska. They found that isolated people who had to eat natural food had about 1/15th the decay as those accessible to stores with refined carbohydrates (carbohydrates include fructose, glucose and sucrose). The Price work was done before 1939, when the 527-page book was first published. It seems apparent that American dentistry completely ignored these workers with their prodigious research and brilliant thinking. More
recently, Dean Bonlie, DDS from Canada, found the same phenomenon in Alaskan Indians and South Sea Islanders\textsuperscript{17}. He discovered that teeth which should have been completely sound were badly decayed in people on high carbohydrate diets. On the other hand, he found tribesmen and islanders with an absence of carbohydrate products in their diet with perfect teeth. Fortunately, the process is also reversible; that is, tribesmen with bad teeth when put on a good diet and Bonlie's dentistry soon developed strong, non-decaying teeth.

I read reports of an orphanage in New Zealand where children had essentially no decay on controlled diets. I read reports of Mennonites who had almost no decay and I wondered if it might be because they had regular wholesome meals in their group kitchens, thus avoiding prolonged tooth contact with dissolving foods. I read of military studies which showed that World War II soldiers from certain areas in New Jersey had low decay. I read that the people in Hereford, Texas called it the "town without a toothache" in 1942\textsuperscript{18}. This town had almost no decay, due to their high milk consumption and soil richer in phosphate than any town in the US. Today things have changed. Stores have imported high carbohydrate products to replace self production. The town is now besieged with the same tooth troubles found in other American cities.

What proof do we have of the ruination of American teeth by fluoridation since 1944?

The 1993 November issue of the Journal of Public Health Dentistry (JPHD)\textsuperscript{5}, quoting the head of Human Resources Security Administration, cited a dental epidemic in the US. It reported that 17-year-olds have 11 decays, 44-year-olds have 30 decays and 43\% of those over 65 have no teeth at all. Blacks have twice this many decays. Poor people have twice this amount of decay and the American Indians have 4 times this decay. This is a pretty poor record for American Indian dentistry, because these "second class" citizens have been forcibly fluoridated
and served by free dentistry on their reservations for 50 years. A big part of US Public Health (HHS) money is allocated for just this purpose. This is a poor record for the American Dental Association and their associates, since they have pushed fluoridation as the cure-all for dental decay. How in the world have Indians ended up with such poor teeth?

Not only does JPHD tell the story about bad teeth from fluoridation, but 4 studies within the last 23 years, involving 480,000 children of median age 12, tell an even stronger one. We find 22% average increase in decay per 16 years in 12-year median age children when fluoride was elevated from approximately 0 to 1.0 ppm in their drinking water. Japanese studies\(^\text{19}\) showed that there was a 7% increase in decay for 21,000 children when fluoride was increased from 0.3 to 1.0 ppm in their drinking water. 23,000 Tucson children\(^\text{20}\) drinking water with 1.0 ppm fluoride had 43% more decay than those with no fluoride in their water. The country of India\(^\text{21}\) studied 400,000 children and found a 29% increase in decay in areas having 1.0 ppm fluoride as opposed to those with 0. A National Institute of Dental Research study\(^\text{22}\) on 39,207 children in U.S. cities showed an approximate 5% increase in average decay in fluoridated cities, assuming 0.4 ppm in non-F and 1.0 ppm in F areas. High decay towns showed a 10% increase in the F over the non-F ones.

Still further, there are entire nations that are completely non-fluoridated\(^\text{23}\) that have a far better record of decay reduction over the 20-year period between 1965 and 1985 than the US\(^\text{24}\). Finland had a 98% reduction, Sweden an 82% reduction and Holland a 72% reduction. The US, with all its fluoridated gels, swishes, toothpastes, brushing and flossing advice and billions of dollars in federal subsidy, had only a 50% decrease. This 50% decrease would be markedly lower if it included pockets of poverty stricken-blacks, illegal Mexicans and American Indians, which it does not.

It is clear, then, that fluoridation in the US has been very harmful to the teeth of American
citizens. I estimate that of the people who have died in the US since 1945 (50 years), 50 million have lost all their teeth due to fluoride and 1.5 million of those over 65 still living have lost all their teeth due to fluoride. Of people who have reached 44 years of age since 1945, I estimate 50 million have had 90% of their teeth decayed because of fluoride. It is estimated 25 million of those over 44 now living have lost 90% of their teeth due to fluoridation. 17 million of those under 17 years of age now living have had 33% of their teeth compromised by fluoride products. If we were to count the cost at $80 per tooth, the cost of all decay since 1945 from fluoride, assuming an average of 50% decay, would be $150 billion dollars. This is a total and complete waste amounting to a per person loss of $1200\textsuperscript{25}. The cost is very probably many times this due to the root canals, crowns, gum pockets, gingivitis and cracked teeth caused by fluoridation. All the addition of fluoride waste to drinking water has accomplished is subsidized jobs for those on a wild goose chase, supposedly looking for a cure for caries.

What propels the false dentistry of fluoridation?

In 1951 President Harry Truman signed into effect a law\textsuperscript{26} giving almost "carte blanche" money to dentists. Beginning with millions in subsidy in the 50's, the output for buildings, annual programs, school gels; swishes, and tablet treatments and research grants has now reached billions per year. President Reagen finished the carte blanche in his administration\textsuperscript{27}, giving virtually all our health care management over to this subsidized industry. This money has been totally wasted on chair warmers and non-thinkers.

For 50 years this huge concatenation of federal, state and municipal governments, private agencies, numerous chemical companies in league with dental and medical authorities, chemical and other textbook authors and researchers, along with the news media, have been pursuing a wrong course in trying to reduce tooth decay with fluoride. One might even say that once the
government got into tooth decay monopolies took over, and fluoride became a venerated symbol of worship. The cure of tooth decay was actually doomed from their efforts. What actually happened was, early in the 40's disinformation specialists from the chemical industry were planted in the government to invent a program to get rid of waste industrial fluoride. They pursued the erroneous premise that fluoridation of drinking water would prevent tooth decay. Soon the news media\textsuperscript{28} crushed all opposition and cooperated in the big cover-up, until today there is no mainstream news media that will carry a negative article or program about fluoride. Today the F word is virtually unmentionable in the press or on TV.

**How did false science get into the tooth care picture?**

Early studies which led down the false path of fluoridation were done by individuals who were not scientists. Most of them were dentists seeking business and government subsidies or other individuals who had a motive in selling huge stockpiles of crude, wet fluoride, industrial waste which was stored in barrels that were corroding through. First the waste came from companies which produced the great amount of aluminum necessary to make aircraft wings for World War II. After that came phosphate fertilizer companies with their waste fluoride, their rock being converted by sulfuric acid into hydrofluoric acid. This acid is now run into aqueous sand to make fluorosilicic acid, which in turn is sold to cities to furnish fluoride, silica, lead, cadmium and other sand contaminants to their water systems. Further, fluoride ensues from steel production where it is used as a flux. Brick plants, petroleum plants and atomic energy plants furnish further waste fluoride. Today this sand composite with fluoride trash is dumped into 60% of our pure American water systems. The dental lobbyists and government are trying to make this figure 100% by 2005. Research institutions (Mellon and Kettering) in the past have contracted with vendors in order to sell chemical waste for a profit. Having the great
reputation enjoyed by chemical foundations has permitted these and other entities to get away with the false scheme of fluoridation of our drinking water.

In the 40's and 50's, the non-scientific dentists made superficial comparisons between teeth in fluoridated and non-fluoridated communities. They quickly concluded there was certain reduction in decay in the fluoridated communities, before finishing their sloppy 5-year comparisons. These values varied with their reports from as high as 80 to as low as 20. Being non-scientific, these authors failed to report the exact ppm F in all the drinking water of tested residents in each of the cities. These non-scientists who were carrying out the surveys were not sure fluoride was not higher with natural fluoride in some of the areas in the non-fluoridated cities than in the fluoridated cities. Was it 80% for 1 ppm difference or .1 ppm difference? These non-scientific authors also did not report the time period of the decay reduction. You can't leave out critical data in a scientific study! Percent must correlate with a secondary or triple factor. Was it 50% for 1 year, 5 years, 50 years, or what? If it was 80% in 5 years, the decay left in 50 years would be $100(0.2)^{10}$ or .0001% undecayed teeth. Thus, everyone at age 55 would have 100% of their teeth unaffected by decay, which is grossly invalid. We know of course there is no such thing as every American having 32 teeth intact, with no decay.

What is the criminal nature of our government in this picture?

No care was taken in these early investigations to study the true problem: the components of the teeth, and their relationship to the elements in drinking water, food and other supplements consumed by persons involved in the studies.

Animals should have been used first in the studies so as not to harm anyone. Instead, agents of the federal government carried out an ill-spirited experiment on an unsuspecting public. This was done over the objection of a large number of creditable scientists, who knew it was
recklessly violating a very important principle of the Nuremberg court\textsuperscript{13} set to try Nazi war criminals. Nazi criminals were executed according to the Nuremberg rules for experimenting on single or multiple human subjects, without their permission. Hitler implemented these human experiments in Germany. Unfortunately, President Truman and Congress, along with our chemical industry, implemented human experimentation in the US. The difference was, the US experiment was unscientific and a complete failure, whereas the Germans gained some profitable knowledge from their experiments in about 1/10 the time and with enormously fewer victims. We know for certain from a study involving 18 million people that there are a minimum of 61,000 US citizens killed by cancer annually due to fluoridation of drinking water\textsuperscript{29-32}.

The whole scheme of government intervention is an exercise in criminality. This criminal nature of our government has been confirmed in the last few years as I have tried to inform and also get some action to correct the fluoridation problem. First of all, I have published 687 pages (4 volumes) of documented studies on the harm of fluoride to teeth and health. I also sent 4 copies of each volume to EPA as per their 2 requests (1990,1993) for updated information for the Federal Register\textsuperscript{33}. They failed to comment on any of my work. Presumably, the data was dumped. In a manner of speaking, they were stealing my time by making me work for them under false pretenses and for no good purpose. Secondly, I added these documents to the Library of Congress with 2 other books for Congressmen to read. Not one of the 550 Congressmen that I know of went across the street to read my books, although I informed every one of them. Thirdly, I wrote 5 separate letters to all 550 Congressmen, with 17 pages of information, which I asked them to comment on. Not one did. Fourthly, I called several offices of these senators and representatives, to get action. They were always inaccessible, so I left messages with their aides, which messages they chose to ignore. Fifthly, I wrote to every governor in the US 3 times with documented information and a request for comment. About 15 wrote me a noncommittal letter or a letter justifying fluoride as being widespread in the environment. Not one of them...
commented on the data.

As we see it, these gentlemen do not represent their constituents, but are simply crowding around each other protecting their salaries, which range from $100,000 per annum or 14 times the minimum wage for most governors to $145,000 or 20 times the minimum wage for senators and representatives. This does not count their reprehensible dips into the national treasury for retirement after a few years’ service, or the double dip when retired military people enter Congress. Neither does it include office expenses, secretaries, other perks and fun junkets charged to the taxpayers. Furthermore, the executive and congressional expenditure of additional billions of dollars’ subsidy to the dental profession for fluoridation has prevented the true knowledge and secret of tooth care to remain locked in laboratories of individuals seeking more funds for more fluoridation. Truly, all these governing individuals are making more and more average working Americans into a poverty-stricken people who now are beginning to look like the serfs of kings in the middle ages.

In order to clean house, these public officials need to be removed from office and sent home where they can do no harm. New ones need to be elected in the separate states to represent us at the city, state and federal levels, with salaries paid by the home states. The primary emphasis of the new crop should be to lower their salaries to minimum wage and take laws which bind us down off the Federal Register and state statutes. Laws need to be taken off the books which favor special interests. Laws need to be enacted to protect ordinary citizens as they work to make a living. There are thousands of citizen-detrimental laws which have been passed by Congress and the states to give advantages to large monopolistic combines and burden the small entrepreneur with taxes, a big detriment to the ordinary citizen. These current public servants should not be earning even the minimum wage of $7100. In fact, for the harm they do, they should be paying us to occupy their positions.
What great positive discovery have I made after 5 years of laboring against fluoridation?

My conclusion after 5 years of intense study is that one’s teeth can be kept for a lifetime by simple strategies that relate to what the teeth are, how they are constructed, and how they are changing with the mouth environment and body nutrition. I am drawing on a life of extensive research, publications, study and teaching of practical chemistry. I have also read dozens of books, and hundreds of articles sent to me about the subject. I have published 687 pages of documented studies which were sent to EPA and more than 60 others. I have discussed the subject widely with a large number of scientists and lay people, and given talks in many cities. I have in addition developed a rapid, accurate method of determining the amount of fluoride in water on small 2.5 ml samples.

What is the composition of teeth, and how does this affect what happens to them on a daily basis?

The Merriam-Webster dictionary of 1993 defines the basic substance of tooth enamel, apatite, as any of a group of calcium phosphate minerals occurring variously as hexagonal crystals, as granular masses, or in fine-grained masses as the chief constituent of phosphate rock and of bones and teeth. Enamel is a beautiful, flexible polymer of basically calcium phosphate.

A good tooth is comprised of an outer 1.5 mm layer of enamel, an inner layer of dentine, and an inner-inner layer of pulp. In the center lies the nerve. Roots secure each tooth to the bone.

The outer enamel of a person on pure water and an adequate diet of milk and vegetables is comprised primarily of hydroxyapatite (Ca$_5$(PO$_4$)$_3$OH). Sharks, which are exposed to the higher level of 1.3 ppm fluoride in the ocean, have teeth different from man and are primarily
a composite of fluorapatite $\text{Ca}_5(\text{PO}_4)_3\text{F}$. Dentists and others espousing the false fluoride theory of dentistry say that fluorapatite has a lower solubility in acids. Therefore these unknowledgeable technicians try to change tooth composition by crowding fluoride into the tooth with gels containing 13,000 ppm fluoride. Keith Kantor, a child being treated in a dentist's chair, was killed in McMinnville, Oregon last year when he swallowed half a teaspoon of this nerve poison$^{38}$. His ill brother was saved by administering calcium gluconate, an antidote.

Dr. Albert Schatz$^{39}$, discoverer of streptomycin, the first antibiotic cure for tuberculosis, showed contrarily to dentists' assertions that sharks' teeth would dissolve just as well in citric acid as non-fluoridated human teeth. Teeth can also contain small amounts of undesirable chlorapatite ($\text{Ca}_5(\text{PO}_4)_3\text{Cl}$), depending on a person's synthetic enzyme system and diet. The 1990 Handbook of Chemistry and Physics$^{40}$, pp 4-171 shows these 3 compounds having a hexagonal crystal structure with cell measurements listed below:

<table>
<thead>
<tr>
<th>formula</th>
<th>a spacing</th>
<th>c spacing</th>
<th>cell vol</th>
<th>molar vol</th>
<th>x-ray density</th>
<th>cal/bar</th>
</tr>
</thead>
<tbody>
<tr>
<td>hydroxyapatite</td>
<td>$\text{Ca}_5(\text{PO}_4)_3\text{OH}$</td>
<td>9.4180</td>
<td>6.883</td>
<td>528.7</td>
<td>154.2</td>
<td>3.155</td>
</tr>
<tr>
<td>fluorapatite</td>
<td>$\text{Ca}_5(\text{PO}_4)_3\text{F}$</td>
<td>9.3684</td>
<td>6.884</td>
<td>523.25</td>
<td>157.56</td>
<td>3.2007</td>
</tr>
<tr>
<td>chlorapatite</td>
<td>$\text{Ca}_5(\text{PO}_4)_3\text{Cl}$</td>
<td>9.6290</td>
<td>6.777</td>
<td>544.46</td>
<td>163.86</td>
<td>3.178</td>
</tr>
</tbody>
</table>

What can we learn about teeth from bones, which have essentially the same structure?

It is clear from medical studies that the bones undergo a transformation daily when there is not enough calcium and phosphate. The hairline crack formation throughout the bones due to that absence is called osteoporosis. Clearly, the calcium phosphate in the tooth is constantly migrating out of the tooth and going to the bones and heart, the DNA and RNA, and wherever it is needed to replace that which is lost from the body. A supply can also migrate back into the tooth.
How does the flexible structure of teeth become brittle?

Fluoride creates brittle teeth, as does any other alien ion entering the tooth’s structure. Fluorapatite (bogus enamel) is denser (harder) than the hydroxyapatite (true enamel) and has different axis measurements and molar volume. This means that the crystals, while partially accommodating to true enamel, are different enough so the combination will sever and become brittle. Therefore, modern dentists are busy wiring together cracked and broken teeth with gold wire as the fluoride enters the tooth by fluoridation from water, gel, swish, brushing, etc. In addition to the crystalline structure, enzymatic formation of enamel from calcium and phosphate is polymeric in nature\(^4\), giving it flexibility. This flexibility is destroyed when other ions such as magnesium, iron, chromium, zinc, fluoride, sulfides or sulfates, enter the structure. With 15 grams of magnesium alone in the plasma, some is destined to enter the tooth in the absence of calcium. Magnesium in the tooth will make it brittle and an off-color white.

The dentine just inside the enamel is comprised of a still more flexible modified apatite structure with more of an organic nature. It is this composite which is decay-prone. When the dentine decay reaches the nerve, pain is felt. An empty root canal attracts bacteria: fill it!

How does tooth erosion, the harbinger of decay, occur?

Daily, the calcium and phosphate of the enamel is migrating out of the teeth to the bones, heart, brain and other places where it is needed. This is called by the dentists demineralization, which occurs as follows:

\[
\text{Ca}_5(\text{PO}_4)_3\text{OH}^- \rightarrow 5\text{Ca}^{2+} + 3\text{PO}_4^{3-} + \text{OH}^-
\]

This demineralization will leave a hole in the tooth if it is not accompanied by replacement calcium, phosphate and hydroxyl, which occurs as follows:

\[
5\text{Ca}^{2+} + 3\text{PO}_4^{3-} + \text{OH}^- \rightarrow \text{Ca}_5(\text{PO}_4)_3\text{OH}
\]
In other words, to prevent enamel erosion, which exposes the dentine and nerve, a daily supply of calcium, phosphate and hydroxide (from water) must be supplied to the teeth.

What enzyme is needed for re-enamelization of the tooth?

Re-enamelization (remineralization) of the enamel requires the enzyme adenosine diphosphatase, as well as supplemental calcium and phosphate in the diet. Furthermore, remineralization of the dentine underneath the enamel requires calcium, phosphate and adenosine diphosphatase. Dentine has been shown to repair also, even after the onset of bacterial attack\textsuperscript{42}. Be aware, though, that re-enamelization (remineralization) cannot occur without adenosine diphosphatase and perhaps other enzymes. Fluoride destroys 66 out of 83 known enzymes and is thus a blocker to re-enamelization\textsuperscript{43}.

Do young people and adults have the same re-enamelization rate?

No! Studies have shown that re-enamelization of the tooth occurs for both adults and young people. For young people age 6-12 years it is about 10 times that for adults\textsuperscript{44}. Furthermore, there is a difference in the rate of enamel regeneration between different individuals. This points to the great individuality of people where each person has a different quantity of vital enzymes due to the individual's specific genetic character. This genetic character expresses itself in every organic affliction of man, and each person's genetics must be supplemented with food and dietary supplements for proper maintenance of teeth and other aspects of health. This is especially true of teeth, where the enamel is always under subjection to the foods, fluoride and other items in which they are bathed.
What is necessary to re-enamele the teeth?

Let me make it perfectly clear. Unless one furnishes extra calcium daily in the diet, that person will be sacrificing his/her teeth. The improvement in tooth enamel by that expedient alone will be dramatic, as was shown on a recent study of 20,000 children in India on 1 ppm natural fluoridated water. 10,000 of the 12-year-olds were controls. The other 10,000, who received 800 mg of calcium daily, had 1/10 the decay and 1/3 the fluorosis of those who had no supplement. That experiment was done with calcium, which is known to be necessary to man by tests and observations on thousands of animals as well as people. Those without it will one day certainly have osteoporosis or hairline cracks in their bones. These cracks may lead to broken hips, a virtual death sentence for an older person. This experiment with calcium proves for once and all time what early dentists and government agents didn't know and even current dentists and government people don't know: supplementary calcium is necessary in the diet for good teeth! Dietary calcium, about 1000 mg/day, is absolutely necessary for good teeth.

These tamperers with fluoride should have had this knowledge half a century ago. They should have been engaged for this 50 years in making sure those who visit the dental offices and sit in the classrooms are sent home with a packet of calcium pills. The calcium pills must have vitamin D built into them to make certain the calcium is utilized to the fullest extent when present in the mouth and blood stream, along with the enzyme which permits placement in the beautiful flexible polymer. All is not known about the enzyme system necessary for this replacement, but we can be sure the enzyme will not be in the mouth if there is enough fluoride to compromise it. Fluoride breaks the important hydrogen bonds which keep the enzyme structure in place, thereby destroying its function. Dental papers have been written showing that fluoridated people have less replacement of enamel than the non-fluoridated ones, confirming the enzymatic loss. 41% of Americans have dental fluorosis, which is off-color brittle teeth.
What is the cause of fluorosed and mottled teeth?

Fluorosis and mottling are conventionally seen as being caused in regions having 1.5-10 ppm fluoride in the drinking water. They can occur extensively, however, in regions where there is almost no fluoride in the drinking water. The teeth look bad, with their mixed black, brown, yellow and eggshell white hues in a chipped, broken state. There are many people in Buckeye and Yuma, Arizona who having consumed their natural high fluoride water, exhibit the characteristic black, crumbling teeth. In the US we now have 41% of the population with various hues of this ailment due to many factors, one of which most certainly is fluoride. The condition has grown worse as fluoridation of drinking water by our alien agencies of the US government has expanded. One can expect these hues, spots and chips in all but a few mouths.

As calcium and phosphate migrate enzymatically in and out of the teeth, both externally on the tooth and internally in the tooth, alien ions can get into the tooth structure. If they do, the teeth will have off-color spots and a brittle structure. These alien ions come from the heart, muscles, liver, kidneys, bladder, brain, liver, skin, bones and just about any other part of the body. They amount to about 7 pounds (4 liters) as measured from cadaver ashes. These elements are transported in and out of their organ, some rapidly, some slowly, and some extremely more slowly via the 144 pounds of water held in a 180 pound person. Some of these ions are very colorful and some are completely white. Some are fluorescent and give dazzling colors when viewed on colored TV. Examples are shown below:

<table>
<thead>
<tr>
<th>Calcium Sulfide</th>
<th>White</th>
<th>Lead Sulfate</th>
<th>White</th>
<th>Nickel Sulfide</th>
<th>Black</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium Phosphate</td>
<td>White</td>
<td>Lithium Sulfate</td>
<td>White-Yellow</td>
<td>Nickel Phosphate</td>
<td>Green</td>
</tr>
<tr>
<td>Chromium Sulfide</td>
<td>Bm-Bk</td>
<td>Lithium Sulfate</td>
<td>Cream</td>
<td>Silver Sulfide</td>
<td>Black</td>
</tr>
<tr>
<td>Chromium Phosphate</td>
<td>Violet</td>
<td>Magnesium Sulfide</td>
<td>Pale Red-Bm</td>
<td>Silver Phosphate</td>
<td>Yellow</td>
</tr>
<tr>
<td>Cobalt Sulfide</td>
<td>Black</td>
<td>Magnesium Phosphate</td>
<td>Gray</td>
<td>Strontium Sulfide</td>
<td>Gray</td>
</tr>
<tr>
<td>Cobalt Phosphate</td>
<td>Reddish</td>
<td>Manganese Sulfide</td>
<td>Gray Pink</td>
<td>Strontium Phosphate</td>
<td>White</td>
</tr>
<tr>
<td>Copper Sulfide</td>
<td>Black</td>
<td>Manganese Phosphate</td>
<td>Gray</td>
<td>Zinc Sulfide</td>
<td>White</td>
</tr>
<tr>
<td>Copper Phosphate</td>
<td>Blue</td>
<td>Mercury Sulfide</td>
<td>Red</td>
<td>Zinc Phosphate</td>
<td>White</td>
</tr>
</tbody>
</table>
We know that fluorosis is not caused by fluoride alone, because at least 9 huge studies found that fluorosis victims had negligible amounts of fluoride in their drinking water, whereas victims in 9 other large studies had an equal amount of fluorosis in fluoridated areas.45

How can we avoid fluorosis and mottling?

If we look at a section of a tooth where fluorosis occurs, we see the following happening on a daily basis:

The exchange of ions in the teeth is called fluorosis. The brittleness and the chipping caused by it is called mottling.

All one has to do is make sure there is enough calcium and phosphate in their diet so that the migration in is faster than out, and migration in is also faster than that of the alien ions standing by. Calcium and phosphate ions have an advantage over the other ions in that they are just the right size and shape to fit into the vacant spot caused by the out migration. Taking 1000 mg of calcium with D daily and one tablespoon of lecithin powder containing phosphate is a simple enough expedient to completely eliminate this problem. Thus, if you want to appear in movies or be a TV announcer with perfect white teeth, all you have to do is follow this advice and the advice later on which will prevent rapid out migration.
How do we know that phosphate migration into the teeth is important?

Phosphate in the tooth is linked to calcium in the apatite (Ca$_5$(PO$_4$)$_3$OH). When the apatite leaves the teeth, a perfectly normal process, the following happens:

$$\text{Ca}_5\text{(PO}_4\text{)}_3\text{OH}^- \rightarrow 5\text{Ca}^{2+} + 3\text{PO}_4^{3-} + \text{OH}^-$$

It is not possible because of balanced charge for calcium ion to come out of the tooth without phosphate ion unless an alien metal companion ion slips in first. Thus, when calcium leaves, phosphate also leaves. If dietary calcium and phosphate are sufficient, neither one will be at a loss and the teeth will be perfect.

Since a fluorosed (eggshell white) tooth is often due to the negative fluoride migrating back into the tooth, this in itself is proof that negative phosphate migrated out when there was a shortage of phosphate in the diet.

Hairline cracks in the bones (osteoporosis) of persons with calcium-deficient diets give further evidence that the companion phosphate to keep the charge balanced is also gone. This condition is healed in a year or two by providing 1.3 g calcium and 1.5 g phosphate daily to the diet. If phosphate is present at the site, then the phosphate ion migrating out will be replaced by that
migrating in.

Dr. Dean A. Bonlie\textsuperscript{17} confided to me that he felt (in opposition to the theory of many others in dentistry) that the dentine and enamel were formed inside the tooth rather than outside through intervention of adenosine diphosphatase. I feel perfectly confident that both inside the tooth and outside on the surface new construction is occurring constantly, even if at a slow rate.

Just the name--phosphatase--lays emphasis on the fact that phosphate is involved and needed in tooth construction. Furthermore, the early 1949 history of Hereford, Texas and its high phosphate soil leading to almost no decay and reputation of a “town without a toothache” points to the very vital importance of dietary phosphate to the tooth. It also points out the danger of not having enough present in body fluids so it can crowd out alien ions such as fluoride, chloride, carbonate, sulfate and sulfide (F\textsuperscript{-}, Cl\textsuperscript{-}, CO\textsubscript{3}\textsuperscript{2-}, SO\textsubscript{4}\textsuperscript{2-}, S\textsuperscript{2-}). This would weaken the tooth structure and make it more likely to dissolve and/or fracture.

Again, the advice to counter most of the nasty effect of fluorosis and mottling in the teeth is to take 1000 mg of calcium with D and 1 tablespoon of powdered lecithin daily.

By what process do fructose, glucose and sucrose sugars dissolve the teeth?

The statement by various authors based on rat studies, that sugar does not cause caries, has challenged my absolutely firm knowledge that sugar can and does dissolve teeth. Sugar in high concentration kills bacteria, thus lowering decay, but contrariwise it will dissolve the teeth, open channels to the more organic dentine and eventually cause more decay. A 45-page paper published recently\textsuperscript{46} proves that fructose, glucose and sucrose form stable chelates with calcium. This means the teeth will dissolve. Chelation means claw, and aldehydic sugars sucrose, fructose and glucose, have the 4-member structure which “claws” the calcium out of the teeth. Xylitol, wood sugar, absent the chelating group, is harmless to teeth and as the Finns have
found is an excellent additive to gum, candy and toothpaste. Chelation of calcium by aldehyde:

\[
\begin{align*}
\text{fructose} + \text{calcium ion} & \rightarrow \text{chelated calcium} \\
\text{Fructose, glucose and sucrose chelate calcium.}
\end{align*}
\]

One must remember to rinse all sugary products off the teeth ASAP to avoid dissolving the teeth by chelation.

It makes good sense to realize that if the teeth have phosphate as part of their structure, when the teeth erode and calcium leaves, some phosphate is going along for the ride. Lecithin is a good source of the phosphate make-up as are a few other substances below.

**Phosphorus, grams, in 100 g of food**. Daily need is approximately 1 g.

<table>
<thead>
<tr>
<th>Food</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soybean powder</td>
<td>1.5</td>
</tr>
<tr>
<td>Cotton seed meal</td>
<td>.743</td>
</tr>
<tr>
<td>Linseed meal</td>
<td>.741</td>
</tr>
<tr>
<td>Cheese</td>
<td>.680</td>
</tr>
<tr>
<td>Egg yolk</td>
<td>.524</td>
</tr>
<tr>
<td>Dried beans</td>
<td>.470</td>
</tr>
<tr>
<td>Almonds</td>
<td>.465</td>
</tr>
<tr>
<td>Wheat</td>
<td>.423</td>
</tr>
</tbody>
</table>

How can acids dissolve phosphate out of the tooth?

We are all acquainted with acids and how they can dissolve rust, "eat" metals, destroy the skin and so on. The thing most people don't know is that they can also dissolve the teeth and bones. Furthermore, most people do not know why acids are so different from other compounds and why they do what they do. I will explain:
The proton of an acid is the hydrogen ion. In HCl, that is the H part. Therefore we have:

\[ \text{HCl} \longrightarrow \text{H}^+ + \text{Cl}^- \quad \text{in water a change occurs:} \quad \text{H}^+ + \text{H}_2\text{O} \longrightarrow \text{H}_3\text{O}^+ \]

\[ \text{proton} \quad \text{hydronium ion} \]

Now if the proton was on a basketball, we would have a very small localized charge on any part of the large surface:

- basketball (9 inches)
- phosphate 4.6 Å
- Lithium 1.1 Å
- proton 10⁻⁴ Å

<table>
<thead>
<tr>
<th>surface</th>
<th>charge on basketball</th>
<th>surface</th>
<th>charge on phosphate</th>
<th>surface</th>
<th>charge on lithium</th>
<th>surface</th>
<th>charge on proton</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.1 x 10⁻²⁰*</td>
<td>surface charge</td>
<td>1.5 x 10⁻²*</td>
<td>surface charge</td>
<td>.14*</td>
<td>surface charge</td>
<td>3.5 x 10⁸*</td>
<td>surface charge</td>
</tr>
</tbody>
</table>

The proton, a positive charge, is the smallest chemical ion in existence. It is actually 1/10,000 the size of the hydrogen atom. If a charge is placed on this tiny proton, we have the very intense surface density charge of 3.5 x 10⁸*, compared to the normal charge density of lithium ion of .14. This intense charge when placed on a tooth immediately goes to the triply negative phosphate and forms \( \text{HPO}_4^{2-} \), which is then soluble in water.

\[
\begin{align*}
\text{PO}_4^{3-} & \quad \text{insoluble in water} \\
\text{Ca}_5(\text{PO}_4)_3\text{OH} & \quad \text{soluble in water} \\
\text{H}^+ & \quad \rightarrow \quad \text{HPO}_4^{2-} \\
\text{H}^+ & \quad \rightarrow \quad \text{HPO}_4^{2-}
\end{align*}
\]

The calcium ion follows right along, part of the tooth enamel is dissolved, and the tooth enamel becomes thinner. The nerve senses this, since heat will be lost sooner through a thin wall than a thick one, which accounts for cold-sensitive teeth.

* moles charge/angstrom²
What are some of the acids to watch out for when it comes to dissolving phosphate out of the teeth?

Perhaps the most damaging solid we eat is rhubarb, which contains quite strong oxalic acid. Another fairly strong acid is phosphoric, which is added to certain fruit juice drinks. Lemon juice, vitamin C and acetic acid (vinegar) are next in line. Carbonated drinks (carbonic acid), though weak, are strong enough to dissolve the enamel off the teeth. Studies with children prove that children who drink soda pop 3 times a day have more caries (decay) than those who drink 1 pop per day. Sipping these drinks slowly over a period of time can be disastrous to teeth.

Eating chewable vitamin C is unwise, inasmuch as both the sugar and the vitamin C (ascorbic acid) will dissolve the teeth. The rate of dissolution of teeth by acids is directly related to the strength of the acid, which in turn is determined by pH.

Strengths of several acids are shown below. The smaller the pH, the stronger the acid and more corrosive to the teeth. Hydrochloric is the most corrosive and carbonic the least.

<table>
<thead>
<tr>
<th>Acids, pH of 0.1 M solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>hydrochloric</td>
</tr>
<tr>
<td>oxalic</td>
</tr>
<tr>
<td>phosphoric</td>
</tr>
</tbody>
</table>

How can one avoid the severe erosion of tooth enamel by acids?

The answer as to protecting tooth enamel is simple: limit the time the acid can contact the teeth. Consume a drink rapidly and rinse out the mouth with water ASAP. People who have a high saliva flow in their mouth will have better teeth than those with a low flow, all other
things being equal, since the acid can be more quickly rinsed off the teeth. Those people who make a lot of oxalic acid, as in kidney and gout victims, may have a problem with their teeth, solvable by taking the anti-gout pill called allopurinol, and taking sodium ascorbate. Diabetic persons who have a lot of sugar may also have a special problem with teeth, but this is solvable by replacing sugars with rice, potatoes, beans, peas and other slow acting carbohydrates with lesser potential to chelate. Acids from all sources need to be rinsed off the teeth ASAP.

Why does fluoride sever the gums from the teeth, causing gum pockets and gingivitis?

Dental journals recently recorded that there was a great increase in 1-4 mm gum pockets, that is, places where the gums have severed from the teeth. The pockets become harbingers of bacteria, viruses and other organisms leading to serious infection (gingivitis). Fluoride is known to ruin connective tissue in all parts of the body by breaking the hydrogen bonds. In other words, the protein structure of the gum is compromised by the fluoride from gels, toothpaste, swishes, tablets and even fluoridated drinking water. It is strange that in all the chemical books proposing that fluoride retards decay, nothing is said about its side effects, which are very well known. Causing disconnection of gum tissue from the teeth is only one of 113 serious ailments which have long been established for fluoride in drinking water. One such was a double blind study by 12 physicians establishing 13 side effects in 50 patients.

How can vitamin C restore gum tissue destroyed by fluoride?

Scurvy, the serious form of connective tissue disease, is caused by the lack of vitamin C necessary to convert proline into hydroxyproline, an amino acid essential to the formation of connective tissue. Therefore, by taking 4 grams of vitamin C (ascorbic acid), or even...
better, sodium or calcium ascorbate daily, this malady can be overcome.

The National Research Council (NRC), formerly the group which very carefully set the standards for vitamin and mineral nutrition, unfortunately is now a captive of government, FDA, EPA and pharmaceutical company intervention. In recent years NRC has tried to lower the RDA of vitamin C from 60 mg to 20 mg, in spite of the huge volume of evidence by Dr. Linus Pauling, 2-time Nobel prize winner, and others, that 4,000 mg daily is necessary for best health. More recently NRC and EPA gave a clean bill of health to 4 ppm fluoride in drinking water. Since we know from double blind studies that even 1.0 ppm causes severe allergic symptoms, there is obviously corruption in both NRC and EPA. Connective tissue of the teeth, back, neck, veins, arteries and Achilles tendon is made stronger by vitamin C. Absence of vitamin C, on the other hand, leads to trouble in all these areas, including bleeding gums, back trouble and ruptured leg veins, when the shortage is severe. Vitamin C makes hydroxy proline for connective tissue. It also kills all viruses known to man when present in the right concentration\textsuperscript{53}. It will at 15 grams per day kill tuberculosis bacteria\textsuperscript{54}. The Prices found tuberculosis plagued children in all regions with high tooth decay, showing a metabolic link between the two. Sugars may feed the mycobacteria of tuberculosis. Vitamin C reacts with and removes fluoride from the body, acts as a chain stopper for undesirable chemical reactions and may be a free radical chain initiator for others. It builds the immune system overnight\textsuperscript{55}.

Simply stated, fluoride detaches the gum tissue and vitamin C reattaches it. When infection is present, antibiotics should be used on site, and supplemented with vitamin C. The C enhances immunity, while fluoride slows down and destroys the immune cells\textsuperscript{56}.

What do we know about “risk factors” of government and chemical industry?

The former head of EPA fluoride research, Dr. William Marcus, his former EPA Union head, Dr. Robert Carton, and the present EPA Union head, Dr. Hirzy, made it clear there is no safe
level of fluoride in our drinking water. Clear down at 0.1 ppm there are adverse medical and dental effects. Marcus was fired from EPA for trying to expose the dangers of fluoridation. Marcus’ attorney forced the EPA to admit they had destroyed employment records illegally in order to manufacture false evidence for his dismissal. Robert Reich, Secretary of Labor, finally interceded and told EPA to rehire him, pay him back wages and $50,000 punitive damages and to leave him alone, which they did after a prolonged battle.\(^5^7\)

EPA executives, the Surgeon General and President recently allowed the standard for fluoride in drinking water to be elevated from 2.0 to 4.0 ppm. This is the amount which leads to crippling bone disease and ankylosing spondylitis in China.\(^5^8\) It seems obvious that neither industry nor the government is interested in setting a safe risk factor for this poisonous chemical. There have been articles in Chemical and Engineering News in 1995 proposing risk factors for chemicals. In my view, this can be nothing but a thinly veiled plot to raise the amount of all toxins allowed in American water, air, soil and food products to a level where the medical profession and public in their ignorance will not notice the side effects for 5 years. This is the time a cancer cure is given to be in evidence after chemo treatment. Since the AMA, EPA, NRC and all medicine and dentistry are unable to “detect” any side effects from fluoride at the present time, we will be subject to a grand chemical feast. This will lead to undercover medical harm, which medicine will falsely relegate to some other cause than the chemicals. A safer method of fluoride disposal is to dump it into volcano sites where it is found in great abundance. Storage is another.

It was my experience in contacting the chief editor of Chemical and Engineering News about fluoride that he had no interest in safety with regard to fluoride. He became rankled that I would try to provide him with any information on the subject which he might publish in their weekly magazine. His profanity on the phone was abusive.

In a word, the chemical industry, which runs Congress and the President is trying to make sure we fit the evolutionary theory of survival of the fittest by feeding us as much as
possible of the 30,000 chemicals now out there in the marketplace. Only people with superior genetics, diet and will power will make it through, and no one knows how mutants will appear or act. The most gifted, inspired and mentally competent persons among us may be destroyed from one ailment or another not detected by an incompetent and peer-led medical industry. Fordham reports access to medical services is increasing at the same time American health declines. Fluoridation may be the reason. Industry says: “We’ll provide the poison, you take the risk.”

How can we prevent the practice of government and the chemical industry from feeding us toxic chemicals, especially for the false cause of dentistry?

My idol is Paul Revere. He got on his horse and took off with the message, “The British are coming, the British are coming!” This type of warning is needed to get us busy passing the word from person to person, until every last American knows about fluoridation. We must talk to each other more. With regard to fluoride, I personally converse in the market place, on the street, to my neighbors, loved ones and others as follows:

Me: Have you heard of the racketeering going on in Washington with fluoride?

Them: No, I haven’t. What is it?

Me: They’re putting fluoride in our drinking water and telling us it will help our teeth. But it doubles decay. Studies on 480,000 children prove that!

Them: Really? It does? I didn’t know that!

Me: Yes, and it kills 61,000 people with cancer annually. Studies on 18 million people prove it!

Them: How terrible! What can we do?

Me: Tell your friends and loved ones to stay off all fluoride products. 1 tells 2, 2-4, 4-8 and so on out to the 12th place. That’s 8200 people. 80 people doing this daily will cover 240 million US citizens in one year. It is quite evident that all the technical studies squirreled away in libraries is not the answer. We must talk more to keep our freedom!
Why should we take the RDA of all 20 vitamins and 26 minerals daily?

Vitamin and mineral requirements for the body have been determined through experimentation on 10's of thousands of mice, rats, guinea pigs, monkeys and other species by ceaseless, tireless and careful scientists. From this work, earlier and more reliable NRC personnel set reasonable RDA's based on research on critical health problems. Animals were deprived of the particular vitamin or mineral to see what side effect would occur, and at what level. This was then related to human need. We know, therefore, the RDA of these vitamins and minerals necessary for best health, or in some cases, survival. RDA pills are cheap, non-toxic and natural to the body and almost guarantee we have suitable enzyme construction. For example, they assure us we will have adenosine diphosphatase for tooth repair.

It is foolish not to take a one-a-day vitamin pill. Some professional nutritionists try to convince people they can get adequate nutrients by eating right, which to them means gauging carbohydrates, fats, fruits, protein and bulk in their meals. This is a foolhardy approach. It would be an absolutely mind-boggling, unhappy experience to shop for groceries only for the totality of good nutrition. Taking a one-a-day and a few other supplements such as 4,000 mg C, 1000 mg E, 1000 mg Ca and 10 grams of lecithin powder cannot harm one and will definitely make shopping a happier experience. One can consume at least 10x the RDA of any vitamin or mineral without any side effects. No one has ever died from taking an overload of vitamins, whereas many have died because of shortages. The body knows how to process these natural items. Each person has a different enzyme load and taking a 6-cent vitamin pill may cover a higher requirement one needs in some area.

Establishing a habit of taking an RDA, vitamin C and Ca is not easy, but all good habits require planning and action. Missing a day or two is not going to hurt, but a consistent daily pattern is going to reward one with better teeth and better health.
Why do I use bar soap for brushing and find it to be superior to toothpaste?

This may be the hardest advice of all to take because it is mixed up with a faddist tradition that young children can have bad words washed out of their mouth permanently with soap. Bar soap, contrary to this stupid tradition, is not bad tasting when used in a small amount to brush the teeth. The soap is very pure and natural, since it is made from fat and sodium hydroxide. It is an excellent detergent, mixing insoluble oils on the tongue, inner cheek and teeth with the water and rinsing it away. Many germs are killed by its wetting ability. It is one component of toothpaste. Soap is used on Phoenix College and Aquaculture (Tempe) vegetation to kill insects by the same mechanism, that is, wetting their surface. Teeth which are cleaned and rinsed by bar soap are far cleaner than those cleaned with toothpaste which includes sugar, acid, chalk, silicates (sand), soap, fluoride, methyl benzoate (for a cool mouth), dyes, stabilizers, mixing agents and other contaminating chemicals. These badly contaminate the teeth and prevent good enamelandization. The soap-cleaned crystal will enamelandize better and build more perfectly. It is a given in making crystals in the laboratory that the solution they are made from must be free of all undesirable impurities, to get the beautiful perfect facets.

In a word, bar soap is excellent, free of impurities, cheap, and superior as a toothbrushing agent. In brushing or tooth-picking, one should take care to dig out food left trapped by the gum and to remove pieces which act as bacterial growth media. This will create gum infection.

One should not use liquid soaps, inasmuch as these synthetics are said to create hermaphrodites (species with both reproductive organs) from alligators subjected thereto in the swamps.

What 110 word prescription can I follow to facilitate acquiring perfect teeth?

Here it is: You can keep your teeth and gums in good condition your entire life if you daily implement the following simple rules:

page 33
All Vitamins and Minerals are for a 165 lb Person Daily. Adjust According to Weight

1. Take 1000 mg calcium with vitamin D. Supplement with milk, cheese, nuts, eggs.

2. Take 1/6 tsp of monosodium phosphate (800-344-2047) in 1” H2O. Supplement w root crops.

3. Rinse sugar and soda pop off teeth as soon as possible (tart acids destroy enamel rapidly).

4. Avoid all fluoride products. Avoid current toothpastes. They contain acid, sugar, fluoride, chalk, silica, methyl benzoate, red & blue dyes, soap, mixing agents, and glycerol.

5. Take 4,000 mg vitamin C. Add 1 tsp C and 1/2 tsp baking soda to 1 inch water, let fizz, dilute.

6. Take the RDA (required daily allowance) of all vitamins and minerals.

7. Brush teeth with bar soap only, digging out all trapped food with a sharpened toothpick.

8. Be careful crunching hard material such as corn kernels and ice. Teeth will break.

9. Take antibiotics (3 days), vitamin C and peroxide (1/5 tsp 35% in 1 cup water) for infection.

10. Think about the problem and consult on an individual basis. Your history and need is unique!

11. Study and avoid the unsolved contributors which may harm tooth enamel, such as fluoride.

Prologue: Are there any things we have overlooked?

We believe we have not overlooked anything which will impact the teeth and cause them to be seriously compromised. Nevertheless, there is no such thing as not being able to improve on dental upkeep, so we suggest the following questions, which need answers:

1. What about saliva or mouth fluids? Does saliva have material in it which hastens enamel erosion? We do not know. Dietary metabolites flood the kidneys and to a smaller extent the body. Perhaps there are some which chelate teeth or dissolve teeth more than sugars and acids we have enumerated. One of these was found to be oxalic acid produced in the urine. Two others are uric acid and hippuric acid in urine. Urea is another compound found in large amount in the urine. These by-products may be build up significantly in blood and body fluids.

2. What if you are an immune-deficient person? Are you doomed to a life of tooth infection at the roots, unless the teeth are removed? How can immunity be built up after taking the RDA of
all nutrients as well as supplemental doses of vitamins C, E and Ca?

3. If I am poor, should I forego bread for RDA pills and lecithin until I’m financially better off?

4. What about plastic coatings? Can I do better with these? What is the cost? How long do they last? Can I apply them myself?

5. How can the exorbitant fees of dentists come down so I can afford the dental work I need and not have to pull all my teeth?

6. What do I do if I get a tooth knocked out? Now it is safe to get a new tooth bolted to the bone.

7. Can I live without teeth, even false ones?

If I have the simple answers to obtaining good teeth, why must I think about it?

1. Since the time of Adam, no one has come up with a plan which has to do with the chemistry of good teeth and their perfect maintenance. You now have the pattern in your hand and the miracle will be if you can implement it properly.

2. Here are given reasons after lots of study. You can see that after 50 years of fluoridation, the biggest scientific failure in history has occurred due to the fraudulent system and the news media which supports it. It is a fact that college professors and scientists have written many chemistry books that support the fluoride myth. It is time for them to delete their errors.

3. Each and every person is a unique genetic entity with different amounts of enzymes, different types of illnesses, different host viruses, bacteria, parasitians and fungal marauders. A good immune system specifies a good set of enzymes which in turn suggests a good intake of essential vitamins and minerals. Habit pattern establishment is not an easy matter, even in the most simple things. A spiritual power is necessary to manage one’s own creature, and the more spiritual a person is, the better the management. But do not give up. A good set of teeth at age 20, 40, 60, 80 or even 100 is like a gift from heaven.
Is there a list of chemicals and their relative toxicities so that I can tell what the relative poisoning ability of fluoride and other chemicals is to enamel, gum tissue, nerve tissue, muscle tissue, blood-vessel and immune cell-forming enzymes?

Our enzyme systems run all the various marvelous chemical reactions of our bodies, including those that result in teeth formation and re-enamelization. Although fluoride is specific in destroying enzymes by breaking secondary hydrogen bonding of the protein structures, there are undoubtedly other complicated mechanisms which result in enzyme destruction by other chemicals. Perhaps the lethality of chemicals will give clues as to the mechanism and especially the dangerousness of such chemicals. Therefore, a list was assembled from the literature of chemicals and their LD₅₀ (lethal dose mg/kg to kill 50% of a particular animal species).

This compilation on pages 57 and 58 of this report lists the lethality of 253 chemicals, including the most poisonous chemical, botulinum (.0000003 mg/kg), through the least toxic, glucose (35,000 mg/kg).

Does strontium, the cousin of calcium lower decay?

Dr. George Waldbott (ref 9, p 191-0) brought together data from several cities which points out the fact that strontium at 500 ppm, is an element which cuts decay in half and which we may profit by having in our food and water; it is isomorphous and may avoid brittleness:

<table>
<thead>
<tr>
<th>Sr in water, ppm</th>
<th>DMF</th>
<th>Sr in water, ppm</th>
<th>DMF*</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>8.1</td>
<td>500</td>
<td>3.2</td>
</tr>
<tr>
<td>30</td>
<td>7.1</td>
<td>1000</td>
<td>2.8</td>
</tr>
<tr>
<td>100</td>
<td>7.2</td>
<td>2000</td>
<td>2.4</td>
</tr>
</tbody>
</table>

The biphosphate crystal is less soluble than that of calcium (i vs .02) and the fluoride is more soluble than that of calcium (.012 vs .0016), thus maintaining the enamel (Lange HB 1946). Magnesium, molybdenum vanadium and zinc are said (Waldbott ref 379-47) to retard decay, but may be objectionable because of color staining and embrittlement.* Decayed, missing and filled teeth
Comments and References


3. Dr. Judd graduated with honors and a BA from the Univ of Utah, an MS from Univ of Portland (OR) and PhD from Purdue. He did post doctoral research and published on fluoroorganic compounds at Purdue. He also studied fluoride on the Manhattan atomic energy project where he learned fluoride was a severe nerve poison. He has learned after 6 years of intense study (1990-1996) that .35 tooth loss per year due to decay is caused by fluoridation in the US and another 0.35 tooth loss per year is due to sugar and acid dissolution of the teeth while individuals are deprived of calcium and phosphate in the diet.

4. My brother and I suffered no decay during our 17 years at home primarily as a result of a diet with plenty of milk, green vegetables (both have calcium and phosphate, the constituents of teeth), very little sugar and soda pop. My mother drew inspiration on how to care for our teeth out of her own hard experiences.

5. Myron Allukian, DDS, MPH (Boston Health Dept), J of Pub Hlth Dent, Nov. 1993, p. 45 reports: 43% of all Americans over 65 have no natural teeth; 44-year-olds have an average of 30 decayed surfaces; 17-year-olds have an average of 11 decayed surfaces. Blacks and poverty populations have 2x and American Indians (who have been 100% fluoridated 50 years) have 4x this decay.

6. Root canal-crown work (less than an hour) costs $800-$1200, 10 times what it is worth. My mechanic charges $15 per hour, shop overhead is $35 per hour and car parts which are far more complicated than tooth fillings average around $50, for a total of $100.

7. A clear display of the price of every dental procedure should be in every office. South Carolina requires this of physicians. It is the American way. Dentistry and medicine are anti-free enterprise because of Union price fixing. People need to know prices up front.

8. Dr. George L. Waldbott's book (see ref 9) lays out clearly these multiple allergies to fluoride. The physician I went to was ignorant of fluoride allergies and wanted to run an exploratory operation on my brain, which I refused.

10. Headaches and disorientation, both symptoms of water fluoridation, are caused by fluoride breaking the hydrogen bonds in cytochrome oxidase and phosphorus bonds in cholinesterases, thus affecting oxygen supply and muscle relaxation. Fluoride is the smallest negative ion in the periodic table, giving it the highest negative surface charge, which explains how it breaks the hydrogen bonds. (See refs 9 and 11).


12. L.E. Block, DDS, MPH, Univ of Minnesota Health Services. J of Pub Hlth Dent, v 46, No 4, Fall 1986, pp 188-198 declares that out of 16 court cases against fluoride remanded to the supreme court, not one was accepted. 19 cases in the lower courts were lost based mostly on the doctrine of city omniscience, stating the city has the police power to put whatever it wishes in city drinking water no matter whether it is harmful or not. One case against fluoridation was clearly won in the Pittsburg court by plaintiffs asking relief from fluoridation on the basis of proof by Dean Burk of the National Cancer Institute that 25,000 or more cases of cancer annually were caused by fluoridation. Judge Fiaherty commanded the city to remove fluoride from the water. Instead, the city remanded it to the District Court where plaintiffs were unable to afford further legal fees. At least 1 case (Madison Supreme Court) was thwarted by an administrative trick comprised of manufacturing a late application date after Memorial Day. It is obvious that when it comes to fluoridation the courts are as crooked as a dog's hind leg.

13. W.R. Cox, "Hello Test Animals--Chinchillas or You and Your Grandchildren", ©1953 Lee Foundation, Olson Publ Co., Milwaukee, WI pp 150-151. Mr. Cox, who proved fluoride was creating small litters and small rabbits and gross death among his chinchillas presents the entire language of the Nuremberg rules on human experimentation applied against Hitler's main officers and personnel (see p 43). A copy of the book is in the possession of Dr. Gerard F. Judd, PhD. 1-602-412-3955.


15. Isabel Jansen, RN and inventor of the Jansen x-ray pen wrote "Fluoridation" © 1990, Tri State Press, Long Creek, S. Carolina, 29658. Jansen was the first to research 13,000 Antigo, WI death records and find fluoridation of their drinking water increased the average heart deaths 119% during a 9 year period (1970-1979) and 176% for those over age 65. 1-715-627-7079.


18. Reader's Digest, Feb 1943. Dr. Heard, DDS, mistakenly linked low decay in Hereford, TX with "black teeth". He admitted before he died he wished he had not done so, and that he had never seen anyone with good teeth but what he or she had drunk lots of milk.


24. J.A. Yiamouyiannis, "Fluoride the Aging Factor", © 1986, Health Action Press, 6439 Taggart Rd, Delaware OH, p. 108 (data showing a Boston reduction in decay over 20 years of 50%).

25. The value $1200 was calculated using $80 per tooth times 15 teeth, which is the average number of decays during 50 years due to fluoride.


28. Our long association with the mainstream news media including all national and local newspapers, radio and television show them to be 100% against discussing fluoride except to say "fluoride is going to be put in your water." The disinformation program and cover-up agencies include AMA, ADA, EPA, NRC, NIDR, NTS, HRSA, HHH, AmDIA, US President, Surgeon General, Consumers Union, all state dental societies, all state medical societies, Chem and Eng News, USA Today, all US Senators, all US representatives, and all governors. This is a little weird considering fluoride is a nerve poison which has killed several children in the dentists' chairs, kidney patients on unfiltered fluoridated water, and one on water overly with fluoride.


32. Dean Burk, PhD (chemist), testifying before Congress, Fluoridation News v 26, no 1, January-March 1980. In 1980 he said the adjusted cancer deaths were 40,000 per year, 1/10 of the total cancer mortality. He stated his data was fully corrected for age, sex and race.
33. Federal Register, v 58, No 248, Wed. Dec 29, 1993, p 66826, 401 M SW Wash DC 20460. Ken Bailey 1-202-260-7571. Large numbers of citizens funneled a huge amount of information to EPA. No comment was made by EPA on any of this counter-fluoridation data. Instead, they contracted with the NRC (National Research Council) through puppet University Professors to fake the problem to their desire, which was to continue fluoridation beyond 2000 AD. My calls to Ken Bailey at EPA confirms my declaration.

34. Gerard F. Judd, PhD (chemist), v 2, EPA, pp 11-26 (Feb 19, 1994). My self-published text, "Chemistry for the Layman", now undergoing extensive revision, has been used for the course "Chemistry and Society" since 1970.

35. A 17-page vita of Gerard F. Judd is given in G.F. Judd, EPA v 2, p 2, Feb 19, 1994 and a list of 13 of important fluoride books Dr. Judd has studied are on pp 11-26.

36. This method of analysis has been developed so that in a few minutes fluoride samples can be analyzed having as little as .005 ppm fluoride and as much as 13,000 ppm. The accuracy varies from 1-5% and the time of analysis from 15 seconds (13,000) to 5 minutes (0.007). This method has been highly successful in the laboratory for second semester general chemistry students at Phoenix College (see p 52 this report for procedure).


39. Dr. Albert Schatz was honored at Rutgers University in 1994 for his major part in winning the Nobel Prize for difficult research leading to the first cure for tuberculosis. Dr. Schatz also stopped fluoridation of Curico, Chile by the Kellogg Corporation by proving it was a failure in helping teeth, meanwhile causing a 104% increase in infant deaths and 244% increase in congenital malformations over the non-fluoridated San Fernando. Albert Schatz, PhD (chemistry), Special Issue on Fluoridation, J of Arts, Sci and Hum, v 2, No 1, Jan 1976. The American Dental Association rejected the papers of Dr. Schatz by mailing them back unopened 3 times without comment, proving the ADA is irresponsible and corrupt.


41. Gerard F. Judd, EPA v 2, p 137, CA 5-37; CA 1989, 37084a; 1-602-412-3955. Carbonate ion, magnesium ion and fluoride ion change the critical growth of the c-axis of octacalcium phosphate, causing flake-like rather than ribbon-like crystals.


43. The enzymes are listed on page 53 along with references, reduction, increase or static state with fluoride and in several cases, the amount of fluoride necessary to have the effect. For
example, cholinesterase is compromised at .0095 ppm and calcium adenosine diphosphatase at .00037 ppm of fluoride.

44. S. Kortel Ainen and Markku Larmas, Scand J Dent Res 1994, 102:30-3. This article proves (1) fluoride lowers apposition of enamel and (2) young rats have 10x the enamel apposition (deposition of layers) as adult rats.


51. List of 113 ailments from fluoride, taken from data in EPA vs 1-4 and other information cited therein. 1-602-412-3955. (See p 54).


54. Irwin Stone, The Healing Factor, Vitamin C Against Disease, pp 439, 83. ©1972. Grossett and Dunlap, NY in cooperation with Whitehall, Hadyme and Smith Inc. (Describes electrifying experiment of curing 516 TB terminal patients with 15 g of vitamin C per day.) Kills all viruses known to man.
55. Irwin Stone, ibid, p 49; personal communication from Linus Pauling at Phoenix College address. (The immune system is built up overnight with vitamin C).

56. Sheila L.M. Gibson, M.D., BSc, MF Hom, Research Physician, Glasgow Homeopathic Hospital, Glasgow, Scotland, G120NR. 0114441-339-0382. Also Gerard F. Judd, EPA vol 2, pp 194-196. (Demonstrates inhibition of leukocyte migration at fluoride concentrations of 0.5 ppm.) 1-602-412-3955.

57. Gary Lee, Washington Post Feb 8, 1994. Tells about firing of Wm Marcus May, 1992 by EPA due to his revelations on fluoride toxicity to humans. It tells of his belated reinstatement with court costs, $50,000 penalty recovery by the court and Robert C. Reich, Secretary of Labor demand he be reinstated, but only after a protracted 3 year battle and severe economic conditions on Marcus. The court case proved EPA destroyed Marcus' vital employment records in their attempt to hide fluoride harm from the public by firing him. This is another case of serious governmental corruption. 1-602-412-3955.

58. Environmental Health Perspectives, pp 127-244, Feb 1994, NIH Publication 93-218, HHS, PO Box 122233, Research Triangle Park, NC 27709, USA 919-541-5377. (Picture of man with ankylosing spondylitis (severely bowed back) like most of the villagers in a China province who were drinking water at 4 ppm fluoride)(p 53).

59. Gerard F. Judd, list of all vitamins and minerals now considered necessary in nutrition with amounts required and effects in the diet. 1-602-412-3955. (See p 58).
The Nuremberg Rules (rules to sentence Hitler's collaborators to death)

Requirements for Human Experimentation

1. The voluntary consent of the human subject is absolutely essential. This means that the person involved should have legal capacity to consent; should be so situated as to be able to exercise free power of choice, without the intervention of any element of force, fraud, deceit, duress, overreaching or other ulterior form of constraint or coercion; and should have sufficient knowledge and comprehension of the elements of the subject matter involved as to enable him to make an understanding and enlightened decision. This latter element requires that before the acceptance of an affirmative decision by the experimental subject there should be made known to him the nature, duration, and purpose of the experiment; the method and means by which it is to be conducted; all inconveniences and hazards reasonable to be expected; and the effects upon his health or person which may possibly come from his participation in the experiment.

The duty and responsibility for ascertaining the quality of the consent rests upon each individual who initiates, directs, or engages in the experiment. It is a personal duty and responsibility which may not be delegated to another with impunity.

2. The experiment should be such as to yield fruitful results for the good of society, unprocurable by other methods or means of study, and not random and unnecessary in nature.

3. The experiment should be so designed and based on the results of animal experimentation and a knowledge of the natural history of the disease or other problem under study that the anticipated results will justify the performance of the experiment.

4. The experiment should be so conducted as to avoid all unnecessary physical and mental suffering and injury.

5. No experiment should be conducted where there is a prior reason to believe that death or disabling injury will occur; except, perhaps, in those experiments where the experimental physicians also serve as subjects.

6. The degree of risk to be taken should never exceed that determined by the humanitarian importance of the problem to be solved by the experiment.

7. Proper preparations should be made and adequate facilities provided to protect the experimental subject against even remote possibilities of injury, disability, or death.

8. The experiment should be conducted only by scientifically qualified persons. The highest degree of skill and care should be required through all stages of the experiment of those who conduct or engage in the experiment.

9. During the course of the experiment the human subject should be at liberty to bring the experiment to an end if he has reached the physical or mental state where continuation of the experiment seems to him to be impossible.

10. During the course of the experiment the scientists in charge must be prepared to terminate the experiment at any stage, if he has probable cause to believe, in the exercise of good faith, superior skill, and careful judgment required of him that a continuation of the experiment is likely to result in injury, disability, or death to the experimental subject.

Book: Hello, Test Animals...Chinchillas or you and your Grandchildren by W.R. Cox, 1953, Printed by the Olsen Publishing Co., Milwaukee, Wis. Copyright, 1953, Lee Foundation for Nutritional Research, Milwaukee, Wis., pages 150-151
Curve showing more fluoride, more decay

Increase in decay (average, 4 studies) = 22%, 1 ppm F increase
Ages studied 5-17 (median age 13) (8 years to median)
11% / 8 yrs  22% / 16 yrs  100% / 73 yrs

Study of Japanese Nation, 22,000 School Children, 1972

% Children with Decay vs ppm Fluoride

see p 38, ref 19

Decay increase with 1 ppm fluoride increase = 7%

 ppm Fluoride

Japanese study, 1972, p 244, Judd report, volume 2:

<table>
<thead>
<tr>
<th>ppm</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0</td>
<td>90</td>
</tr>
<tr>
<td>0.1</td>
<td>70</td>
</tr>
<tr>
<td>0.2</td>
<td>52</td>
</tr>
<tr>
<td>0.3</td>
<td>38</td>
</tr>
<tr>
<td>0.4</td>
<td>41</td>
</tr>
<tr>
<td>0.5</td>
<td>42</td>
</tr>
<tr>
<td>0.6</td>
<td>43</td>
</tr>
<tr>
<td>1.0</td>
<td>44</td>
</tr>
<tr>
<td>1.5</td>
<td>46</td>
</tr>
<tr>
<td>2.0</td>
<td>48</td>
</tr>
<tr>
<td>2.5</td>
<td>54</td>
</tr>
<tr>
<td>3.0</td>
<td>55</td>
</tr>
</tbody>
</table>

The increasing decay with lessening amounts of fluoride between 0.3 and 0.0 is felt due to diminishing calcium in the same water. The rather high rate of decay of the Japanese children compared to Tucson children could be for the same reason, i.e. lowered calcium in the diet.

Calcium and fluoride would both increase between 0.3 and 3.0, the calcium would tend to lower decay the fluoride increases it.
Curve showing more fluoride, more decay

Increase in decay (average, 4 studies) = 22%, 1 ppm F increase
Ages studied 5-17 (median age 13)(8 years to median)
11%/8 yrs 22%/16 yrs 100%/73 yrs

Study of Tucson Elementary Children, 1992
% Children with Decay vs ppm Fluoride

29,000 students

Decay increase with 1 ppm fluoride increase = 43%

Steelinck study, 1992, p 214
Judd report, volume 2

<table>
<thead>
<tr>
<th>Fluoride (ppm)</th>
<th>% Decay</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0 ppm</td>
<td>6.0</td>
</tr>
<tr>
<td>0.2 ppm</td>
<td>11</td>
</tr>
<tr>
<td>0.3 ppm</td>
<td>15</td>
</tr>
<tr>
<td>0.4 ppm</td>
<td>23</td>
</tr>
<tr>
<td>0.5 ppm</td>
<td>26</td>
</tr>
<tr>
<td>0.6 ppm</td>
<td>30</td>
</tr>
<tr>
<td>0.7 ppm</td>
<td>33</td>
</tr>
<tr>
<td>0.8 ppm</td>
<td>37</td>
</tr>
<tr>
<td>0.9 ppm</td>
<td>40</td>
</tr>
<tr>
<td>1.0 ppm</td>
<td>43</td>
</tr>
</tbody>
</table>
Curve showing more fluoride, more decay

Increase in decay (average, 4 studies) = 22%, 1 ppm F increase
Ages studied 5-17 (median age 13)(8 years to median)
11%/8 yrs 22%/16 yrs 100%/73 yrs

Study of 0.4 Million Indian Children, 1973-1993
% Children with Decay vs ppm Fluoride

Decay increase with 1 ppm fluoride increase = 27%

SPS Teotia and M Teotia, Journal of Fluoride, April, 1994, p. 61 (30 year study with 0.4 million children).

0.7 ppm fluoride, 33.0% caries (15 year olds)
2.85 ppm fluoride, 72.6% caries (15 year olds)
# FLUORIDATED VS NON-FLUORIDATED CITIES

## % STUDENTS WITH DECAY

(NIDR Study, 1988) Rearranged by State by Gerard F. Judd, Ph. D., April 12, 1995

<table>
<thead>
<tr>
<th>State</th>
<th>Fluoridated %</th>
<th>Non-Fluoridated %</th>
</tr>
</thead>
<tbody>
<tr>
<td>AL</td>
<td>68.1</td>
<td>62.0</td>
</tr>
<tr>
<td>MD</td>
<td>68.0</td>
<td>61.7</td>
</tr>
<tr>
<td>Prince George</td>
<td>52.0</td>
<td>63. F PA</td>
</tr>
<tr>
<td>Shamokin</td>
<td>67.8</td>
<td>PA Philadelphia</td>
</tr>
<tr>
<td>TN</td>
<td>66.8</td>
<td>PA 912541</td>
</tr>
<tr>
<td>Pittsburg</td>
<td>66.9</td>
<td>66. PF SD Baltimore</td>
</tr>
<tr>
<td>LA</td>
<td>67.8</td>
<td>68. PF SD Baltimore</td>
</tr>
<tr>
<td>MI</td>
<td>65. F</td>
<td>72.2</td>
</tr>
<tr>
<td>Lake Shore</td>
<td>73.7</td>
<td>PF TN Knoxville</td>
</tr>
<tr>
<td>CA</td>
<td>67.6</td>
<td>66. PF TN Memphis</td>
</tr>
<tr>
<td>FL</td>
<td>58.8</td>
<td>77.5</td>
</tr>
<tr>
<td>Convento</td>
<td>77.5</td>
<td>66. PF TN Memphis</td>
</tr>
<tr>
<td>CO</td>
<td>67.3</td>
<td>66. PF TN Memphis</td>
</tr>
<tr>
<td>Cherry Creek</td>
<td>70.7</td>
<td>69. F TN Maryvale</td>
</tr>
<tr>
<td>MN</td>
<td>60.7</td>
<td>77.1</td>
</tr>
<tr>
<td>Bemidji</td>
<td>61.5</td>
<td>40. F</td>
</tr>
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<td>69.0</td>
<td>41. PF MO</td>
</tr>
<tr>
<td>CT</td>
<td>58.7</td>
<td>70. F TX</td>
</tr>
<tr>
<td>Brooklyn</td>
<td>58.0</td>
<td>71. PF TX Houston</td>
</tr>
<tr>
<td>MO</td>
<td>59.7</td>
<td>72. F TX</td>
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<td>St Louis</td>
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<tr>
<td>CT</td>
<td>60.7</td>
<td>74. NF TX</td>
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<td>Plainville</td>
<td>60.7</td>
<td>75. NF TX</td>
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<tr>
<td>FL</td>
<td>59.0</td>
<td>76. NF TX</td>
</tr>
<tr>
<td>Martin Co</td>
<td>64.8</td>
<td>77. NF TX</td>
</tr>
<tr>
<td>FL</td>
<td>64.8</td>
<td>78. NF UT Tooele</td>
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<tr>
<td>Palm Beach</td>
<td>64.8</td>
<td>75.7</td>
</tr>
<tr>
<td>FL</td>
<td>62.4</td>
<td>79. F VA</td>
</tr>
<tr>
<td>Marion Co</td>
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<td>Richmond</td>
</tr>
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<td>IL</td>
<td>62.4</td>
<td>54.4</td>
</tr>
<tr>
<td>Beach Park</td>
<td>64.8</td>
<td>71. NF NJ</td>
</tr>
<tr>
<td>IL</td>
<td>64.8</td>
<td>Lakewood</td>
</tr>
<tr>
<td>Alton</td>
<td>64.8</td>
<td>80. F NY</td>
</tr>
<tr>
<td>F</td>
<td>59.8</td>
<td>NY NY-2</td>
</tr>
<tr>
<td>Clarksville</td>
<td>59.8</td>
<td>80. PF VT</td>
</tr>
<tr>
<td>IN</td>
<td>60.1</td>
<td>Springfield(75)</td>
</tr>
<tr>
<td>KS</td>
<td>62.3</td>
<td>81. PF VT</td>
</tr>
<tr>
<td>Buhler</td>
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<td>Sup Union #47</td>
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<tr>
<td>KS</td>
<td>62.3</td>
<td>82. NF WA</td>
</tr>
<tr>
<td>Ft Scott</td>
<td>63.5</td>
<td>Kitsap</td>
</tr>
<tr>
<td>KS</td>
<td>63.5</td>
<td>57.1</td>
</tr>
<tr>
<td>Wichita</td>
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<td>83. PF WA</td>
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<td>KS</td>
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<td>Bethel</td>
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<td>Newton</td>
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<td>65.7</td>
</tr>
<tr>
<td>FL</td>
<td>66.5</td>
<td>84. F WI</td>
</tr>
<tr>
<td>OH</td>
<td>66.5</td>
<td>Milwaukee</td>
</tr>
<tr>
<td>OH</td>
<td>66.5</td>
<td>77.1</td>
</tr>
<tr>
<td>Alliance</td>
<td>66.5</td>
<td>65.5</td>
</tr>
<tr>
<td>LA</td>
<td>67.8</td>
<td>55.4</td>
</tr>
<tr>
<td>New Orleans</td>
<td>67.8</td>
<td>55.4</td>
</tr>
<tr>
<td>MA</td>
<td>67.8</td>
<td>55.4</td>
</tr>
<tr>
<td>Lawrence(83)</td>
<td>68.4</td>
<td>65.5</td>
</tr>
<tr>
<td>MA</td>
<td>68.4</td>
<td>These results prove very</td>
</tr>
<tr>
<td>Taunton</td>
<td>68.4</td>
<td>similar decay occurs in</td>
</tr>
<tr>
<td>MA</td>
<td>68.4</td>
<td>children in F or NF</td>
</tr>
<tr>
<td>Chicopee</td>
<td>68.4</td>
<td>cities. High decay</td>
</tr>
<tr>
<td>MA</td>
<td>68.4</td>
<td>cities (66.5 -</td>
</tr>
<tr>
<td>Lincoln(71)</td>
<td>68.4</td>
<td>87.5%) have 9.34% more</td>
</tr>
<tr>
<td>Sudberry(60)</td>
<td>68.4</td>
<td>decay in the children who</td>
</tr>
<tr>
<td>MA</td>
<td>68.4</td>
<td>drink fluoridated water.</td>
</tr>
<tr>
<td>Norwood</td>
<td>60.1</td>
<td>These results prove very</td>
</tr>
<tr>
<td>MA</td>
<td>60.1</td>
<td>similar decay occurs in</td>
</tr>
<tr>
<td>Marlboro</td>
<td>59.1</td>
<td>children in F or NF</td>
</tr>
<tr>
<td>MA</td>
<td>59.1</td>
<td>cities. High decay</td>
</tr>
<tr>
<td>MA</td>
<td>59.1</td>
<td>cities (66.5 -</td>
</tr>
<tr>
<td>MA</td>
<td>59.1</td>
<td>87.5%) have 9.34% more</td>
</tr>
<tr>
<td>MA</td>
<td>59.1</td>
<td>decay in the children who</td>
</tr>
<tr>
<td>MA</td>
<td>59.1</td>
<td>drink fluoridated water.</td>
</tr>
</tbody>
</table>

Average % decay in fluoridated children: 36.39/54 = 67.4%. Average % decay in non-fluoridated children 1954/30 = 65.1%. One can conclude in this study that 5.68% increase in decay results from elevating fluoride to 1.0 ppm in drinking water. This is remarkable since high-F, high-empowered, high decay areas such as Washington, DC and the American Indians were omitted.
CITIES WITH HIGH TOOTH DECAY AND CITIES WITH LOW TOOTH DECAY

EFFECT OF FLUORIDATION ON BOTH

(% Decay which occurs in permanent teeth of 6-17 year olds during 11 years)
(High decay cities: 9F:75.2: 9 Non-F: 71.0; Low decay cities: 9F:57.3; 9 Non-F: 58.6)

**22 TOP DECAY CITIES**

<table>
<thead>
<tr>
<th>City</th>
<th>% decay for ages 6-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>PF CA Concordia</td>
<td>87.6</td>
</tr>
<tr>
<td>NF CA Cutler/Oroel</td>
<td>80.8</td>
</tr>
<tr>
<td>TN Maryvale</td>
<td>77.1</td>
</tr>
<tr>
<td>NF HI</td>
<td>76.8</td>
</tr>
<tr>
<td>NF UT Tooele</td>
<td>75.7</td>
</tr>
<tr>
<td>PA Philadelphia</td>
<td>74.0</td>
</tr>
<tr>
<td>VT Sup. Union</td>
<td>73.9</td>
</tr>
<tr>
<td>MI Dearborn</td>
<td>73.7</td>
</tr>
<tr>
<td>MS Madison Co</td>
<td>73.6</td>
</tr>
<tr>
<td>PA Columbia</td>
<td>72.9</td>
</tr>
<tr>
<td>LA New Orleans</td>
<td>72.6</td>
</tr>
<tr>
<td>FL Marion Co</td>
<td>71.2</td>
</tr>
<tr>
<td>NY Milbrook</td>
<td>71.0</td>
</tr>
<tr>
<td>MN Berndt</td>
<td>70.7</td>
</tr>
<tr>
<td>WI Milwaukee</td>
<td>70.1</td>
</tr>
<tr>
<td>AL Tuscaloosa</td>
<td>68.0</td>
</tr>
<tr>
<td>VT Springfield</td>
<td>67.9</td>
</tr>
</tbody>
</table>

**2 OF TOP DECAY F-CITIES**

<table>
<thead>
<tr>
<th>City</th>
<th>% decay for ages 6-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>PF CA Concordia</td>
<td>87.6</td>
</tr>
<tr>
<td>NF CA Cutler/Oroel</td>
<td>80.8</td>
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<tr>
<td>TN Maryvale</td>
<td>77.1</td>
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<tr>
<td>NF HI</td>
<td>76.8</td>
</tr>
<tr>
<td>NF UT Tooele</td>
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<tr>
<td>PA Philadelphia</td>
<td>74.0</td>
</tr>
<tr>
<td>VT Sup. Union</td>
<td>73.9</td>
</tr>
<tr>
<td>MI Dearborn</td>
<td>73.7</td>
</tr>
<tr>
<td>MS Madison Co</td>
<td>73.6</td>
</tr>
<tr>
<td>PA Columbia</td>
<td>72.9</td>
</tr>
<tr>
<td>LA New Orleans</td>
<td>72.6</td>
</tr>
<tr>
<td>FL Marion Co</td>
<td>71.2</td>
</tr>
<tr>
<td>NY Milbrook</td>
<td>71.0</td>
</tr>
</tbody>
</table>

**2 OF TOP DECAY NON-F CITIES**

<table>
<thead>
<tr>
<th>City</th>
<th>% decay for ages 6-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>PF CA Concordia</td>
<td>87.6</td>
</tr>
<tr>
<td>NF CA Cutler/Oroel</td>
<td>80.8</td>
</tr>
<tr>
<td>TN Maryvale</td>
<td>77.1</td>
</tr>
<tr>
<td>NF HI</td>
<td>76.8</td>
</tr>
<tr>
<td>NF UT Tooele</td>
<td>75.7</td>
</tr>
<tr>
<td>PA Philadelphia</td>
<td>74.0</td>
</tr>
<tr>
<td>VT Sup. Union</td>
<td>73.9</td>
</tr>
<tr>
<td>MI Dearborn</td>
<td>73.7</td>
</tr>
<tr>
<td>MS Madison Co</td>
<td>73.6</td>
</tr>
<tr>
<td>PA Columbia</td>
<td>72.9</td>
</tr>
<tr>
<td>LA New Orleans</td>
<td>72.6</td>
</tr>
<tr>
<td>FL Marion Co</td>
<td>71.2</td>
</tr>
<tr>
<td>NY Milbrook</td>
<td>71.0</td>
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</tbody>
</table>

**24 LOW DECAY CITIES**

<table>
<thead>
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<tbody>
<tr>
<td>MD Prince George</td>
<td>52.0</td>
</tr>
<tr>
<td>NC CT Brooklyn</td>
<td>52.4</td>
</tr>
<tr>
<td>VA Richmond</td>
<td>54.4</td>
</tr>
<tr>
<td>OH Alliance</td>
<td>55.4</td>
</tr>
<tr>
<td>KS Buehler</td>
<td>55.3</td>
</tr>
<tr>
<td>TX ElPaso</td>
<td>56.5</td>
</tr>
<tr>
<td>WA Kitas</td>
<td>57.1</td>
</tr>
<tr>
<td>CA Conejo</td>
<td>58.3</td>
</tr>
<tr>
<td>TX Houston</td>
<td>58.9</td>
</tr>
<tr>
<td>OR Clovernade</td>
<td>59.6</td>
</tr>
<tr>
<td>FL Marion Co</td>
<td>60.1</td>
</tr>
<tr>
<td>NE Grand Island</td>
<td>59.3</td>
</tr>
<tr>
<td>MA Marlboro</td>
<td>59.3</td>
</tr>
<tr>
<td>CT Plainville</td>
<td>60.7</td>
</tr>
<tr>
<td>KS Ft Scott</td>
<td>61.8</td>
</tr>
<tr>
<td>IN Clarksville</td>
<td>59.6</td>
</tr>
<tr>
<td>KS Ft Scott</td>
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</tr>
<tr>
<td>IL Alton</td>
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</tr>
<tr>
<td>MO Blodgarm</td>
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</tr>
<tr>
<td>MO St Louis</td>
<td>60.9</td>
</tr>
<tr>
<td>NF NJ E Orange</td>
<td>62.0</td>
</tr>
<tr>
<td>MA Norwood</td>
<td>60.1</td>
</tr>
<tr>
<td>MD Allegheny</td>
<td>61.7</td>
</tr>
<tr>
<td>NJ Lakewood</td>
<td>62.0</td>
</tr>
</tbody>
</table>

From above, one concludes that 1.0 ppm fluoridation increases decay 9.34% in in a high decay 6-17 age population. A Ca\textsuperscript{2+} and PO\textsubscript{4}\textsuperscript{3-} deficiency in these diets explains the high decay.

21.1% in low decay children ages 6-17. However, this could be from a slightly higher calcium and phosphate in the diets of the fluoridated children. Fluoride is certain not to decrease decay. These low decay children probably have more calcium and phosphate in their diet than the high decay ones at the top of the page.
Curve showing more fluoride, more decay

Increase in decay (average, 4 studies) = 22%, 1 ppm F increase
Ages studied 5-17 (median age 13) (8 years to median)
11%/8 yrs 22%/16 yrs 100%/73 yrs

see p 39, ref 22 (NIDR study), Judd compilation

Study of 38,907 US children, by National Institute of Dental Research

% Children with Decay vs ppm Fluoride*

John Yiamouyiannis, J Fluoride 23 #2 April 1990, p 61

-high decay cities
75.2
70.0
67.4

-average cities
65.1
60.0
57.4

decay increase with 1 ppm fluoride increase for 9-F, 9 non-F
= (high decay cities) = (75.2 - 71.0) x 100 = 9.6%
0.6 x 73.1

decay increase with 1 ppm fluoride increase for 54-F, 30 non-F cities
= (average cities) = (67.4 - 65.1) x 100 = 5.8%
0.6 x 66.2

Non-fluoridated (0.4 ppm)
Fluoridated (1.0 ppm)

*Assumes average non-fluoridated community has 0.4 ppm fluoride.

The US study (NIDR) did not report ppm F in the water of the 84 cities studied. Furthermore, highly fluoridated, poverty populations such as Washington, DC, where one would expect large decay rates, were not reported. Neither were the 100% fluoridated American Indians with their 4x higher decay rate. It is all the more remarkable, therefore, that a 5.4% increase in students with decay was observed when adding 1 ppm fluoride to the water supply. Nine fluoridated cities with high decay had 10% more decay than 9 equivalent non-fluoridated cities.
## Adjusted DMFT Indices of 12 Year Old Children by 4 Year Periods*

<table>
<thead>
<tr>
<th>Country</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-88</th>
</tr>
</thead>
<tbody>
<tr>
<td>Netherlands</td>
<td>7.1</td>
<td>5.4</td>
<td>3.8</td>
<td>2.2</td>
</tr>
<tr>
<td>Switzerland</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>2.4</td>
</tr>
<tr>
<td>Sweden</td>
<td>9.0</td>
<td>5.0</td>
<td>5.5</td>
<td>2.7</td>
</tr>
<tr>
<td>Finland</td>
<td>--</td>
<td>6.9</td>
<td>3.7</td>
<td>2.8</td>
</tr>
<tr>
<td>Norway</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>2.9</td>
</tr>
<tr>
<td>Italy</td>
<td>--</td>
<td>4.2</td>
<td>4.3</td>
<td>3.0</td>
</tr>
<tr>
<td>Denmark</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>3.0</td>
</tr>
<tr>
<td>Ireland</td>
<td>--</td>
<td>--</td>
<td>3.0</td>
<td>--</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>4.8</td>
<td>--</td>
<td>3.0</td>
<td>--</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>--</td>
<td>--</td>
<td>3.4</td>
<td>3.1</td>
</tr>
<tr>
<td>Belgium</td>
<td>--</td>
<td>--</td>
<td>3.9</td>
<td>3.3</td>
</tr>
<tr>
<td>USSR</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>3.5</td>
</tr>
<tr>
<td>Portugal</td>
<td>--</td>
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<td>--</td>
<td>3.8</td>
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<tr>
<td>German DR</td>
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<td>--</td>
<td>--</td>
<td>3.8</td>
</tr>
<tr>
<td>Spain</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>4.2</td>
</tr>
<tr>
<td>France</td>
<td>5.4</td>
<td>--</td>
<td>--</td>
<td>4.2</td>
</tr>
<tr>
<td>Poland</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>4.3</td>
</tr>
<tr>
<td>Czechoslovakia</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>5.0</td>
</tr>
<tr>
<td>Greece</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>4.4</td>
</tr>
<tr>
<td>Iceland</td>
<td>8.7</td>
<td>--</td>
<td>8.0</td>
<td>4.9</td>
</tr>
<tr>
<td>Germany FR</td>
<td>6.3</td>
<td>--</td>
<td>6.0</td>
<td>--</td>
</tr>
<tr>
<td>Hungary</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>5.0</td>
</tr>
<tr>
<td>Yugoslavia</td>
<td>--</td>
<td>--</td>
<td>6.9</td>
<td>6.1</td>
</tr>
<tr>
<td>Albania</td>
<td>--</td>
<td>--</td>
<td>5.9</td>
<td>--</td>
</tr>
</tbody>
</table>

*H. Kalsbeek and GHW Verrips, JDR 69 (SS), p 729 (1990)
Adjusted DMFT Indices of 12 Year Old Children by 4 Year Periods

- Netherlands
- Sweden
- Finland
- France (Germany)
- United Kingdom
- Czechoslovakia
- Switzerland
- Italy
- Belgium
- France

% Decline in decay per 20 years:
- Finland 98
- Netherlands 72 **Yiamouyiannis, "The Aging Sweden 82 US**

- United States (Boston)
- DR Germany
- USSR

- Iceland
- Yugoslavia
- Portugal
- Bulgaria
- Ireland

- Portugal (one point)
- Ireland (one point)
- Bulgaria (two points)

Published in 1990 see p 39, reference 23

H. Kalsbeek and GHW Verrips, JDR 69(SS), p 729 (1990)
Determination of Fluoride with Lanthanum Fluoride Electrode

Procedure: The lanthanum fluoride electrode\(^1\) and mercury cell electrodes are immersed in 2.5 mL of unknown mixed with 2.5 mL of aluminum complexing agent FAD\(^2\) in a 20 mL beaker. A reading is taken when the drift of the voltmeter is less than .1 millivolt per 3 seconds.

Stirring of the solution, wiping the electrode or washing with water between runs causes undesirable drift in the electrode. Simply wash the electrode with the solution to be determined. Brushing the electrode with toothpaste as is done in some analytical laboratories was found to be useless in regeneration or stabilization of the electrode. In fact it did more harm than good in the experimentation we carried out.

The dry electrode must always be given a chance to equilibrate and become steady at the concentration range desired. There will always be some drift between runs, and even more when changing to a widely different concentration such as changing from .05 to 1 ppm.

Two standard solutions within 0.1 ppm on either side of the concentration run are than measured in the same manner\(^3\). A simple linear plot is then made of the standard concentrations vs voltage and the unknown approximated from the curve. Accuracy will be ±1-5% depending on the concentration. Drift is greater at very low concentrations and reduces accuracy. Values have been run within 5% down to .007 ppm.

For greater mathematical accuracy, since the plot of concentration vs voltage is not linear, greater precision will be had by calculating the unknown concentration from the two standards using the equation
\[
\frac{dC}{C} = -kdE \quad \text{or} \quad \log C = -kE \quad \text{or integrating,} \quad \log \frac{C_2}{C_1} = -(E_2 - E_1).
\]

The electrode should always be put away dry and protected with a plastic membrane over the epoxy-encased lanthanum fluoride. The electrode should not be left immersed in solution for any time except that necessary for the measurements. This will insure its stability and longevity.

1. The electrode is produced by Corning and is a crystal of lanthanum fluoride encased in epoxy.

2. The FAD is a mixture of glacial acetic acid, sodium chloride and sodium hydroxide containing the aluminum chelating agent CDTA. The number is Corning 478172.

3. The standards are made up from pure, dried sodium fluoride and stored in rigid polyethylene or some other plastic bottles. Glass will not do, since fluoride attacks the silica.

Gerard F. Judd 3-8-96
66 ENZYMES DECREASED BY FLUORIDE


1. Acetate dehydrogenase JF 48-1, d 20%. 1.
2. Acetate producer enzyme, Wk d 1.9.
3. Acid glycerophosphate Wk 348, d .114.
4. Acid phenyl phosphatase, JF 38-1, d .6.
5. Acid phosphatase, JF 48-2, d-15-100; CA 42-1, d .01
6. Adenosine monophosphate JF 52-1 i
   CA 20-4 no 19.
7. Adenosine monophosphate amino hydrodase JF 50-5 i 5, d 50.
9. Adenosine triphosphatase (Mg²⁺ active); JF 48-2
   i 15-100; 38-2 d, 52-1 d,Wk d .19.
10. Adenylate cyclase. JF 50-2, 50-2,52-1,2 dec CA 12-5 d, 25-6 d, 32-1 d.
11. Alanine aminotransferase. CA 15-3 i.
12. Aldolase. CA 30-3 d.
13. Alkaline phosphatase. JF 52-1 d.
15. Aspartate aminotransferase. CA 15-3 l.
17. Calcium ATPase. CA 18-5 d.
18. Carbonic anhydrase Wk d .119.
19. Carboxylase Wk 190.
22. Citric acid enzyme. Wk d .95.
23. C-Kinase CA 12-5 d.
26. Deoxynucleic acidase CA 13-2 i.
27. Enolase. CA 8-2 dec 38; Wk d 19.
29. Ferrooxidase. CA 22-2 d .038.
30. Fructose-1,6-phosphatase JF 52-1 d.
31. Glucose-6-phosphatase JF 52-1 i
   CA 41-5 d.
32. Glu-6-phosph-dehydrogenase. JF 9-4 d,
   12-4 i ; 52-1 d ; CA 4-1 i, 41-5 d.
33. Glucose-1transferase. CA 40-2 i.
34. Glucuronidase. JF 38-1 d .6.
35. Glucuronyl transferase. JF 52-4 d.
36. Glutamate dehydrogenase. CA 15-3 i 20.
37. Glutamic oxaloacetic transaminase JF 48-2 d.
38. Glutamine synthetase Wk dec 1.9; W 150 d.
40. Glutamic pyruvic transaminase. JF 48-2 d.
41. Glutathione S-transferase. JF 52-3 d 1.0
42. Glyceraldehyde-3-phosphatase dehydrogenase. JF 52-1 d
43. Glyceraldehyde-P phosphatase JF 52-4 d 12.0.
44. 7 GST enzymes d 1.0.
45. Isocitrate dehydrogenase. JF 12-4 d.
   Wk d .019.
46. Hepatic esterase JF 4-13 ; Wk d .011.
47. Human salivary phosphatase. Wk d .3.
48. Isocitric dehydrogenase, W 151 i.
49. Lactic dehydrogenase. Wk d .19.
50. Lactic dehydrogenase. JF 48-2 dec; CA 41-6
   i 380-4 i d 30-3 d 30.
51. LDL lipoprotein. JF 35-2; CA 41-6 380.
52. Lipomyces. CA 41-6 d 380.
53. Lipase (leaky esterase) CA 40-6 d .011; W 150 d .011.
54. Lysyl peptidase. JF 46-2.
55. Magnesium ion (effect on Ca and phosphate). CA 35-7.
56. Mg²⁺, Zn²⁺ enzymes d JF 10-1.
57. Mg ATPase CA 41-5 d; CA 18-5 d.
58. Mn²⁺, Mn³⁺ complex. CA 16-4 d.
59. Osteoblastic acid phosphatase. CA 39-6 d 1.9.
60. (D) Peptidylpeptidase II, CA 14-6 d .01.
61. Phenylphosphatase. JF 38-1.
63. 1,6-Phosphatase phosphoglucomutase. JF 52-1.
64. Phosphofructokinase. JF 52-1 i.
65. 6-Phosphogluconate dehydrogenase. JF 52-1.
68. Phosphoprotein-phosphatase CA 35-6 d 4.7.
69. Phosphorylsil phosphatase. CA 11-2, us.
70. Phosphorylsil protein phosphatase CA 15
   7-6, 11-2 no effect.
71. Plasma serum phosphoprotein phosphatase. JF 52-1 i.
72. KATP. CA 18-5 d.
73. Pyrophosphatase. CA 6-4 d .4, and .1.
74. Pyruvate kinase. CA 52-1 d . CA 4-1 d.
75. RNAse (ribonuclease). JF 52-1. 40-1.25
76. Salicylic acid phosphatase, W 150 d 3.8.
77. Sheep brain glutamine synthetase, Wk d .95.
78. Sobrinus Mutans CA 3-1 36.
79. NaATP. CA 18-5 d.
80. Succinic ATPase. CA 42-1 d .01.
81. Succinic dehydrogenase, JF 48-2 d 35
   15; CA 41-6, d 380
   CA 41-5.
82. Zn²⁺, Mg²⁺ enzymes. JF 10-1.
83. Zoogloea uraeae. CA 33-3 d .1.

F-ppm, and no. tests: .0095-.19 (18); .20-1.0 (8); 1.1-5.0 (8); 5.1-380 (4); amount unreported: 40; decreased: 66; increased: 14; unaltered: 3. 45

Prepared by Gerard F. Judd, Ph. D. Chemistry. 1-602-412-3955 11-21-95
Aliments Caused by Fluoride


1. Abdominal bloat W113,123-5
2. Aids R
3. Alzheimers R
4. Arthritis W144; Y45
5. Bedridden W111
6. Birth defects S; J5
7. Bladder injury W110
8. Blindness W117
9. Bloody kidneys W115
10. Bloody uterus W144
11. Bloody vagina W144
12. Bones emmibrit F; J5
13. Bone fluorosis W115; Y34; F, J5, 123-5
14. Brittle teeth R
15. Brittle bones J5
16. Bruises W115
17. Cancer - bladder, Ja91; J6; R urinary 1.38x NF
18. Cancer - breast Ja91; J6; R 1.21x NF
19. Cancer - esophagus Ja91; J6; R 1.72x NF
20. Cancer - intestinal, Ja91; J6; R large 1.40x NF
21. Cancer - kidney Ja91; J6; R 1.17 NF
22. Cancer - ovary, Ja91; J6; R fallop tube 1.19x NF
23. Cancer - rectal Ja91; J6; R 1.8x NF
24. Cancer - stomach Ja91; J6; R 1.46x NF
25. Cancer - tongue Ja91; J6; R & mouth 1.44x NF
26. Caries increase R
27. Carpal tunnel (CTS)(RSI) J5 syndrome
28. Cataracts J4
29. Chizzola macula W144
30. Chronic fatigue W110-119; J4 syndrome
31. Chromosome aberrations Y61
32. Concentration inability W44
33. Collapsing W144
34. Collagen synthesis decreases J6
35. *Constipation 110, 123-5
36. Cytotoxicity R
37. Decay increase R
38. Dental fluorosis J5; Y1-139
40. *Diarrhea W144, 123-5
41. Dizziness W110,144
42. *Dbl blind provn allmnts (13) W123-5
43. Dry mouth W111-119
44. Down's syndrome W212; J6
45. Ear, inner disorder W144
46. Eczema Y8
47. Fatigue Y19, 114
48. Fertility loss S
49. Fetus reduction R
50. Genotoxicity R
51. Geni Valgum J6 (knock knee disease)
52. Gilbert's disease J6 (hemorrhagic yellow jaundice)
53. Gingivitis R
54. Gum pockets R; Y14
55. Gum sore R
56. *HeadacheW110-144;Y8;W123-5
57. Hearing loss (neural) R
58. Heart hole Ja80
59. Heart death increase Ja80; J6
60. Hemorrhages, skin W115
61. Immunosuppression J6
62. Immuno-chemo-taxic decres J6
63. Incoherence W115
64. Infant mortality S; J5; R increased 5x
65. Intestinal cramps W110
66. Intestinal distension W110
67. Itching W113, Y8
68. Ligament calcification Y41
69. Mental confusion W44
70. Migraine W110; Y8
71. Mottled teeth R
72. Mutagenesis Y61
73. Mutation repair reduced R
74. Nasal disease W144
75. *Nausea W114,115;Y14,123-5
76. Numbness W113-144
77. Nystagmus (involuntary)W144 (movement of eyes)
78. *Pain, bone W111,123-5
79. Pain, bowels W114
80. Pain, head W115
81. Pain, intestinal W110
82. Pain, muscular W113,119
83. Pain, spine W111
84. *Pain, stomach W115,123-5
85. Polyuria (large urine) W115
86. Premature delivery S, R
87. Retinal degeneration J6
88. Retinosa pigmentosa R
89. Scotoma (spots in vision)W115
90. Seizures W111,120
91. SIDS J4
92. Sister chromatid exchange R
93. Spastic bowels W113-114
94. Spasm alteration W
95. Spermatogenesis W
96. Stomach cramps W119,121
97. Stomach gas W119
98. *Stomatitis W119,123-5
99. Survivability lowered Y4
100. Tendon calcification Y51
101. Testes altered Y57
102. Thyroid calcification Y51
103. *Thirst exaggeration W123-5
104. *Tinnitus W123-5
105. Ulcers, mouth W119,123-5
106. Ulcers, stomach W133,162,359
107. Urinary tract defect W153-7
108. Urinary tract problems W343-4
109. Vas deferens defect R 25
110. *Vertigo W123-5
111. *Vision blurred W110,145,123-5
112. Vomiting W114,121
113. Weight loss W113,115

*Double blind effects (13) established by 60 patients, 12 physicians, 130 pharmacist, 1 attorney (under Mooienubergh). W123-5. 011-31-23-316-818

66 enzymes are decreased as fluoride detaches their hydrogen bonds.

Gerard F. Judd, Ph.D.
Researcher, 18 yr.
Professor of Chem., 30 yr.
Alpha Chi Sigma member
Emeritus, Am Chem Soc.
Sigma Xi Research
Atomic bomb research award

6615 W. Lupine
Glendale, AZ 85304
1-602-412-3955
Nov. 20, 1995
This is the result of drinking water with from 2 to 4 ppm fluoride in it.

Observation of literature by Gerard F. Judd 3-8-96

The bad side of fluoride. Researchers say in some villages nearly all adults suffer skeletal fluorosis.
<table>
<thead>
<tr>
<th>RDA Values: Established Actions of Vitamins and Elements</th>
<th>RDA Values for 75 kg (165 lb person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin</td>
<td>RDA (grams)</td>
</tr>
<tr>
<td>1. A (5000 IU) Infection, retina, circulation, warts</td>
<td>.015</td>
</tr>
<tr>
<td>2. B-1 Coenzyme, carbohydrates, beriberi, heart</td>
<td>.0015</td>
</tr>
<tr>
<td>3. B-2 Respir. sluggish, dizziness, dropy eczema,</td>
<td>.0017</td>
</tr>
<tr>
<td>4. B-3a Blood vessels, mental confusion, lesions,</td>
<td>.020</td>
</tr>
<tr>
<td>5. N-3b 3-D’s (diarrhea, dementia, dermitis)</td>
<td>.20</td>
</tr>
<tr>
<td>6. B-6 Arthritis, dead nerve, carpal tunnel syndrome,</td>
<td>.002</td>
</tr>
<tr>
<td>7. B-7 Growth, stunting, bone marrow, eye membranes,</td>
<td>.100</td>
</tr>
<tr>
<td>8. B-ch Circulation, blood pressure, headaches,</td>
<td>.250</td>
</tr>
<tr>
<td>9. B-f Ucers, circulation, gums, glossitis, athero-</td>
<td>.0004</td>
</tr>
<tr>
<td>11. B-paba Growth, fertility, chromoricia</td>
<td>.030</td>
</tr>
<tr>
<td>12. B-b Dermatitis</td>
<td>.0003</td>
</tr>
<tr>
<td>13. B-12 Anemia, MS, numbness, bursitis, nerve</td>
<td>.006</td>
</tr>
<tr>
<td>15. B-17 Cancer</td>
<td>.005</td>
</tr>
<tr>
<td>16. C Immunity, all viruses, connective tissue,</td>
<td>4.0</td>
</tr>
<tr>
<td>17. D-2 Bones, appetite, constipation, headaches,</td>
<td>.001</td>
</tr>
<tr>
<td>18. E MD, clot, fertility, oxygen, Buerger’s disease,</td>
<td>.200</td>
</tr>
<tr>
<td>19. F Clotter, jaundice, liver disease</td>
<td>.00125</td>
</tr>
<tr>
<td>23. K Clotter, jaundice, liver disease</td>
<td>.00125</td>
</tr>
<tr>
<td>24. Co-Q-10 Heart, circulation, oxygen, bursitis</td>
<td>.020</td>
</tr>
</tbody>
</table>

Supplementary: Carnitine 1 g, other amino acids (22) 0.5 g or more, tryptophane, phenylalanine, histidine, lysine, serine, threonine, isoleucine, proline. These can all be obtained from meat or soybeans. Other proteins are less complete.
<table>
<thead>
<tr>
<th>Chemical</th>
<th>Lethal Dosage (mg/kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Botulinum (neurotoxin)</td>
<td>0.000003</td>
</tr>
<tr>
<td>Tetanus</td>
<td>0.00001</td>
</tr>
<tr>
<td>Diptheria</td>
<td>0.0002</td>
</tr>
<tr>
<td>Talc toxin</td>
<td>0.002</td>
</tr>
<tr>
<td>Ricin</td>
<td>0.0025</td>
</tr>
<tr>
<td>Sibine (10 ppm)</td>
<td>0.0028</td>
</tr>
<tr>
<td>Arsenic (50 ppm)</td>
<td>0.013</td>
</tr>
<tr>
<td>Batrachotoxin</td>
<td>0.002</td>
</tr>
<tr>
<td>Pseudomonas aeruginosa</td>
<td>0.005</td>
</tr>
<tr>
<td>Cobratoxin M</td>
<td>0.005</td>
</tr>
<tr>
<td>Saxitoxin</td>
<td>0.009</td>
</tr>
<tr>
<td>Tetrodotoxin</td>
<td>0.010</td>
</tr>
<tr>
<td>Soman</td>
<td>0.010</td>
</tr>
<tr>
<td>Sarin</td>
<td>0.010</td>
</tr>
<tr>
<td>9-Alpha latrotoxin</td>
<td>0.010</td>
</tr>
<tr>
<td>Beta hungratoirexin</td>
<td>0.014</td>
</tr>
<tr>
<td>Fluoroacetate acid</td>
<td>0.050</td>
</tr>
<tr>
<td>Strychnine</td>
<td>0.030</td>
</tr>
<tr>
<td>Desgucocholobrol</td>
<td>0.092</td>
</tr>
<tr>
<td>Histamine</td>
<td>0.10</td>
</tr>
<tr>
<td>3-Hydroxyphenyl(dimethyl amino)</td>
<td>0.10</td>
</tr>
<tr>
<td>ammoniummethyl sulfate benzoylcarbamate</td>
<td>0.10</td>
</tr>
<tr>
<td>Alphafluorobutyrate methyl ester</td>
<td>0.10</td>
</tr>
<tr>
<td>Strophanthin G</td>
<td>0.14</td>
</tr>
<tr>
<td>Concoroside B</td>
<td>0.14</td>
</tr>
<tr>
<td>Samovide</td>
<td>0.15</td>
</tr>
<tr>
<td>Mansonin</td>
<td>0.15</td>
</tr>
<tr>
<td>Sodium alpha fluorocrotonate</td>
<td>0.15</td>
</tr>
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DEMENTIA AND DENTISTRY

The definition of dementia as used in this report connotes a mental ailment that may or may not be irreversible. This differs from the dictionary definition pertaining to by-gone times where dementia meant any irreversible brain disease.

Five million persons in the US have some form of dementia, and half the population, at some time in their lives, have mental ailments. Inasmuch as the American Dental Association, with its long arm, takes a foremost role and responsibility in fluoridating 60% of US cities, it is primarily responsible for dementia from fluoride and aluminum, which act in concert with each other to cause Alzheimers, epilepsy, Parkinsons, MS and other dementias. Since the American Dental Association approves placement of dental amalgams, which contain 50% mercury and other heavy elements, they are a prime contributor to dementia from these sources.

Alzheimers is now the 4th leading cause of death in the U.S. Many mental ailments are described in the scientific literature. Examples of several dementias caused by fluoride, aluminum, aluminum fluoride and mercury amalgam, will be given here.

FLUORIDE

Convulsions and Headaches: Convulsions are violent contractions of the muscles of the head. Mr. NKT, age 45, had severe headaches with other symptoms and two episodes of convulsions while on Milwaukee fluoridated water (F=0.95 ppm). When he was switched by Dr. Waldbott to distilled water or well water (F=.15 ppm) all his symptoms left. Repetition of fluoride symptoms occurred as MKT recycled into Milwaukee several times. We believe his headaches and convulsions resulted from fluoride destruction of the enzymes cytochrome oxidase, cholinesterase and possibly others involved in respiration. Fluoride breaks the hydrogen bonds of these enzyme structures thus ruining their function. Avoiding fluoride in the diet seems to be the best part of wisdom to avoid convulsions and headaches.
Epilepsy, Psychomotor, with Headaches, Disorientation and Disequilibrium:
Epilepsy is an electrical disturbance of the central nervous system, in most serious form leading to grand mal seizures. This author once experienced a series of severe headaches which terminated in an incapacitating breathing malfunction, with pins and needles nerve action and disorientation and an unstable equilibrium. This was caused by drinking copious amounts of fluoridated water in the Litchfield Park area and at the same time cutting out all milk (F antidote) from his diet. The medical diagnosis was psychomotor epilepsy. The inadequacy even to navigate and the feeling of complete helplessness during this period is one which will never be forgotten. Recovery was slow over a period of several months. The disorientation, inability to concentrate deeply for long periods and out of breath episodes slowly diminished after drinking Phoenix water with only 0.3 ppm fluoride and reintroduction of milk into the diet. It is believed the fluoride in the water destroyed cytochrome oxidase, cholinesterase and other oxygen-handling enzymes in the blood. Some folks are short, some long on the production of these and many other enzymes which keep us alive. These enzymes require 20 vitamins, 26 elements and 12 amino acids for their construction. I advise all to take these daily to avoid my experience.

IQ Diminishment: This ailment may be allied to the short term memory loss of Alzheimers, since many questions on the IQ test require memory. The IQ values of a large number of 8-13 year old Chinese children were studied by Chinese scientists\textsuperscript{C}. It was found that those children who had moderate to severe fluorosis had a much lower IQ than those with minor fluorosis.

Max IQ of low fluorosis students \hspace{1cm} 140

Max IQ of moderate to severe fluorosis students \hspace{1cm} 110

Similarly, a study by Soviet physicians showed neurological symptoms in 79% of patients with occupational fluorosis\textsuperscript{D}. The reader should be warned, however, that fluorosis in these cases, while explained by an exclusively fluoride phenomenon\textsuperscript{E}, can more correctly be
explained by bone, brain and tooth malnutrition where the patients have no milk. Normal depletion of the calcium and phosphate then permits other elements to migrate into the teeth, giving brittleness and various colors. A diet free of fluoride, with good protein and with all essential vitamins and minerals should eliminate fluorosis, lower epilepsy and enhance one's IQ.

ALUMINUM

Alzheimers: Alzheimer patients lose short term memory. They forget such things as faces and names of loved ones, current dates, days in the week, month or year, the name of the U.S. President and other common items. They will be on an errand such as going to the mailbox and forget what they are doing. They easily become lost. They do not, however, have the tremors of Parkinsons and MS.

Rat Experiment: A single injection of 13.2 mg. of aluminum chloride into the hippocampic space of a cat's brain caused the cat to lose all short term memory and exhibit Alzheimers characteristics after 9 days. Other workers confirmed the result, which was repeated several times. The aluminum had destroyed cells in the hippocampus (memory site) and neo-cortex. It is known that ions of several heavy elements such as cadmium, iron, lead, manganese, mercury and zinc have produced Alzheimers as well as other dementias and we believe they would do likewise if injected into a rat brain, as was aluminum chloride. We believe removal of fluoride from tap water and reduction of sugar in the diet would essentially eliminate aluminum from the brain and overcome the battery of brain diseases we are plagued with.

ALUMINUM FLUORIDE

Alzheimers Disease: Rat Study: In an excellent study by Dr. Robert Isaacson, State University of New York, aluminum fluoride was added to the rats' diet. This, contrary to normal expectations, passed through the brain barrier and gave the rats short term memory, smell
sensory loss, unsteady gait, and loss of cell structures of the neo-cortex and hippocampus, all 
symptoms of Alzheimer's. We believe that in addition to the toxic effect of fluoride, the 
aluminum ion (1) caused interneural tangling and (2) blocked oxygen flow due to precipitation 
Most Alzheimer cases are thought by some experimenters to involve aluminum fluoride.

Cerebral Epstein Barr Syndrome: CEBS is characterized by extreme exhaustion, 
inability to concentrate, difficulty in walking, immobility, short term memory decline and 
scarring of the brain. This dementia has risen in the population to a high level in recent years, 
especially in people on the run, having a poor diet and rest regimen. Hillary Johnson describes 
her own bout and others with the disease. The magnetic resonance imaging detection of 
scarring of the brain as in MS was observed also in this ailment. CEBS has many features in 
common with MS and we think the plaques and destruction of oxygen handling enzymes 
caused by the toxic fluoride, aluminum, mercury, and other ions, reduce oxygen flow. Under 
conditions of brain barrier opening, viruses can enter and finish destroying speech, memory, 
equilibrium and other motor functions of the brain in absence of oxygen which normally would 
destroy the viruses. Viruses may explain the steadily downward trend in health of MS and CEBS 
patients over the years. I use Vitamin C in amounts of 3-4 grams daily to mitigate my 
mononucleosis, the very ailment caused by Epstein-Barr.

Multiple Sclerosis: MS is characterized by demyelinization of nerve sheaths in the 
brain and spine, numerous white spots under magnetic resonance imaging, muscular 
weakness, tremors and optical neuritis. Many symptoms such as slurred speech, unsteady 
gait, shuffling steps, and poor balance are similar to Parkinsons, which symptoms are 
identical to manganism. Many MS patients have 8x the mercury in their cerebrospinal fluid 
than normal persons.

MS Case: An unusual case of MS was discovered by the author. B.P. developed MS 
and eventually determined the cause was his excessive consumption of soda pop from
aluminum cans. After forsaking this habit, his MS stabilized and began to improve. Here, fluoride and sugar is postulated as transporting aluminum ion through the brain barrier. This would not be normal behavior for aluminum ion because of its highly charged, hydrated, expanded character. Except for presence of fluoride or sugar, aluminum would not normally enter the “impenetrable” brain barrier.

What is a plausible explanation of these cases of mental illness caused by aluminum fluoride? Fluoridated water of soda pop with its 13% sugar, and low pH (<3.4) is thought to be an excellent media for migrating aluminum into the brain. Fluoride (boiling water, 10 minutes) dissolves 1000 times as much metal from aluminum containers as pure water (0.2 mg/L) pot and acid dissolves even more. One may become a dementia victim simply by cooking in aluminum ware or drinking pop from aluminum cans. As cited above, aluminum fluoride penetrates the brain barrier whereas aluminum ion with its high charge and hydrated character could not get through. Not only aluminum fluoride, but mannitol sugar has been used to pull drugs through the brain barrier by Dr. Edward Neuweit. Other sugars such as glucose and fructose in soda pop are expected to do the same. We look on soda pop as ideal for aluminum fluoride transfer through the brain barrier. The great increase in soda pop consumption in America since 1945 and the decline in milk consumption, together with the increase of fluoride and aluminum in US water could explain why Alzheimers has become the 4th major cause of death in the US. Since reduced blood flow in the brain is characteristic of Alzheimers, the neuron tangling by aluminum ion and the aluminum oxide plaque theory makes sense.

MERCURY

The fillings placed in the populations’ teeth for nearly a century are called amalgams. Amalgams are 50% mercury, 15-30% silver, 3-30% copper, 10% tin and 1% zinc. 90% of all people are mercury sensitive. Sweden, under the National Health Board advisement, began
desisting from amalgam placing in 1990 and Sweden and Germany now ban mercury as a
dental filling material. Instead, various plastic composites are now used to which patients are
not allergic. Dr. Hal Huggins has made a thorough study of a great number of these
composites, and although some are allergens, they do not have the mental incapacitating
effect of mercury.

Alzheimers, epilepsy, Parkinsons, manganism, multiple sclerosis and hallucinations may
be simply manifestations of different degrees of electrical interruption in the same or different
locations in the brain, and symptom crossovers seem to be pretty common. Mercury amalgam
removal has had a striking effect in alleviating these ailments in many cases. One filling can
give a serious brain ailment and seven is almost sure to.

Alzheimers #1: One minister's wife had not spoken a word for 14 years. Ten days after
her amalgam removal she mumbled something. Shocked, the minister said, "What did you
say?" "Nothing," she shouted back. From that time forward she was able to converse
normally. Many Alzheimers brain samples have 8x the mercury in the cerebral cortex as
normal. This mercury derives from the vapor emerging from amalgam-filled teeth. Amalgam
half life is 4 years.

Alzheimers #2: Tom Warren had his Alzheimers cured by amalgam removal. His CAT
scan showed that the lesions on his brain were gone.

Chronic Fatigue Syndrome: A 16 year old boy was so fatigued he could attend school
only every other day. Removal of a small pit filling permitted him to keep up with his peers
within 3 weeks. We believe amalgam caused the electrical short in his brain.

Epilepsy: Susan, 11 years old, had seizures every 15 minutes for 6 months. She was
immobilized and had 3 months to live. It took 4 persons to hold Susan down during the
amalgam removal because of violent convulsions in the dental chair. In six days she woke up,
the numbness in her body was gone, her brain was clear, and she could walk. By spring she
was videotaped running the 100 yard dash in 14.8 seconds. The American Dental Association
executive said, "We are not impressed," and later declared the tape to be a fake. The brother of the sister said, "My sister had seizures, I know they were not faked."

**Hallucinations:** Hallucinations are unreal "motion pictures" occurring in the brain. PK, 57 years old, had 27 amalgams removed and received chelation therapy, a process where ethylenediamine tetraacetic acid is administered i.v. to remove toxic metals from the blood. His dementia, which included headaches, hallucinations and other peculiar behavior, promptly ended and now, 12 years later, he is a sane, active and productive member of his community in Lakeland, Florida. Strep mutans in the mouth make methylmercury from mercury, and this is 100x more toxic than mercury. We believe that methylmercury because of its high activity may change neurons into methylated neurons, thus leading to short circuits. This short circuiting in the brain occurs also from electric current generated from voltage of alloys in the teeth. Gold is particularly bad in direct or indirect contact with amalgam inasmuch as it has the lowest EMF of any metal (EMF of Au -1.36; Ag -.80; Hg +.04; Ni .231; Cu .34)Z and thus would generate the highest current flow in the presence of an amalgam.

**Multiple Sclerosis #1: Attributed to Mercury:** Chuck Rekoske, former chairman of the Kansas MS Society had MS. Upon amalgam removal, he got to the point where he could play 3 sets of tennis with his teenage son—and beat him. Many MS patients have 8x higher mercury in the cerebrospinal fluid compared with neurologically healthy controls.

**MS #2: Not attributed to mercury:** CJ's MS began with a dangling toe at age 16 and his symptoms such as tremors, slurred speech, shuffling step, weakness and 40 brain spots added on up to age 61. No fluoride, aluminum or mercury of significance was in his diet, so these cannot be blamed for his MS. The only reason I can see for his MS is his history where between birth and 20 he consumed large quantities of rich Jersey ice cream and breathed large quantities of ammonia while cleaning chicken pens. It is possible that the sugar and ammonia opened his brain barrier to viruses and bacteria which did the rest. Fat plaques were also laid down to slow oxygen supply to the brain and CJ has had a quadruple bypass because of a
heart attack. He has stabilized his MS by nutrients, .5 mg klonopin for muscle spasm control, 200 mg amantadine or 400 mg symmetrel for flu protection, and B-12 shots for pernicious anemia.

**Parkinson's Disease:** Parkinson's, which is characterized by lack of dopamine in the center of the brain. It can be controlled for about 3 years by that chemical whence serious deterioration sets in. The first symptoms are fatigue, trance, irritability and erratic behavior called "manganese madness." There is then damage to brain cells that causes tremors that occur at rest, "pin rolling" movements of the fingers and a mask-like face. Other indications are a shuffling gait, a slightly bent over posture, rigid muscles, and weakness. The victim may drool, have a heavy appetite, be unable to stand heat, have oily skin, be emotionally unstable to the point of dementia, and have judgment problems. The syndrome is made worse by tiredness, excitement, and frustration. There are headaches, impaired equilibrium and slurred speech. There is poor coordination and control of movements because of abnormality of nerves and fibers by destruction of cells of the basic ganglia of the brain. Cells are destroyed as well as dopamine in the substantia nigra basic where there are catecholaminergic nerves. There are hallucinations and compulsive acts.

**Parkinson's, Case 1:** Huggins asserts he cured some cases of Parkinson's by amalgam removal combined with lower root decavitation.

**Parkinson's Related Manganism:** Manganism, caused by an excess of manganese in the brain, has identical symptoms and is indistinguishable from Parkinson's disease as described above.

In a study of the Devel Vocations Institute of Stanislaus, California, felons of average age 29 had an average manganese level of 2.20 ppm in hair tests compared to town controls of 0.30 ppm. Apparently excess manganism predisposes one to criminality.

Groot Eylaudt "island," Australia, where manganese is mined, has the highest rate in crime, arrests and incarcerations in Australia. The scalp and pubic hair of these people is 20
times higher in manganese than the control group from Sydney, Australia.

It is not known where the manganese for manganism comes from. However, the clue we seek may lie in the data on convicted felons of the Devel Vocational Institute, Stanislaus, California. Apparently a common source of manganese is occurring in the young men who average 29 years. Since the symptoms of manganism and Parkinsonianism both come on slowly over a lifetime, the manganese source could be in the fluoridated water in coffee, tea, chocolate or cola drinks, in fast meals such as hot dogs or hamburgers, or in what one might call "junk" food or high sugar diets. Since criminality in individuals is known to be reduced by providing good nutrition using vitamin and mineral supplements, improved metabolism may slowly excrete the excess manganese and close the brain barrier.

I believe with Parkinsonianism and manganism that (1) Excessive manganese in the diet with its specific function in the Krebs Cycle robs the brain and muscles of oxygen, leading to stupification and viral destruction of the brain. (2) Fluoride from fluoridated water destroys molecules such as cytochrome oxidase, cholinesterase, dopamine and other enzymes which make oxygen useful in the electrical and energy system. Older people, with poorer diet and a slower metabolic function, become more vulnerable. (3) Lack of vitamin C prevents synthesis of hydroxyproline from proline in biological production of cartilage and protein necessary for nerves, nerve sheath and muscle fiber production. (4) Lack of vitamin C prevents synthesis of antibodies which protect against viral destruction of the brain. (5) Vitamin C enhancement in the diet is known to lead to a small steady increase in IQ in people, perhaps because of increased oxygen production. (6) The function of oxygen, the enzymes which handle it, and the relation to electrical conductivity required for speech, mobility, equilibrium maintenance, facial expression and other normal functions is not known, but is held to be vitally important. Many negative physiological conditions such as enzyme destruction, fat plaques slowing hemoglobin flow, impaired breathing, etc., could be an explanation for both Parkinson's disease and manganism.
PREVENTION AND RECOVERY FROM DEMENTIAS

I believe several measures can achieve avoidance and perhaps cure of the above-described dementias caused through dentistry.

(1) Avoid all fluoride products.
(2) Avoid soda pop put up in aluminum cans. Do not cook in aluminum ware.
(3) Drink non-fluoridated water. Avoid drinks and foods put up in fluoridated cities.
(4) Take 1000 mg calcium as an antidote for fluoride.
(5) Take vitamin C daily, 4 grams, as an antidote for fluoride, for its nutritional value, and for its antiviral, antibacterial effect.
(6) Take the RDA of all vitamins and minerals. Rare earth elements seem to add healthy years.
(7) Take an adequate source of meat, milk and other good sources of protein for synthesis of nerve and muscle fiber. Proteins as well as certain amino acids may act as an antidote to remove fluoride from vital enzymes.
(8) Find out the excessive sources of manganese and limit them.
(9) Remove triglycerides (TG) from blood vessels through lecithin (gives lowered mixed melting point with TG and thus dissolves them). This complements a diet for fat reduction which has proven successful in some MS cases.
(10) Get exercise to enhance oxygen supply and body function. Swimming is helpful.
(11) Undergo hyperbaric oxygen therapy. It has helped many MS patients.
(12) Eat vegetables which have required enzymes from hydroponic water, which has all the essential elements. Small amounts of these enzymes may have great impact.
(13) Consider chelation therapy. Much success has been achieved alleviating Alzheimers and other dementias with chelation therapy through I.V. infusion. The ends of the EDTA molecule hook onto the toxic metal ion and remove it from the brain as well as other parts of the body. Since it is an acid it also should remove some fluoride from vital enzymes and reactivate them. The ethylenediamine acetic acid (EDTA) chelate will remove metals in decreasing order:

1. Chromium 2+
2. Iron 3+
3. Mercury 2+
4. Copper 2+
5. Lead 2+
6. Zinc 2+
7. Cadmium 2+
8. Cobalt 2+
9. Aluminum 3+
10. Iron 2+
11. Manganese 2+
12. Calcium 2+
13. Magnesium 2+

At least 13 variants on EDTA have been used in medicine. This gives the physician great options for removing a particular metal as well as fluoride from the patient by chelation therapy.

The American College of Advancement in Medicine estimates at least 500,000 patients have received 10 million chelation treatments in the US. Over 426 fully qualified US
physicians are listed by address and telephone who are competent to administer chelation therapy. It is claimed that chelation therapy with EDTA has never produced a single side effect. The clearance time for EDTA is half a day and infusions are carried out twice weekly for as long as a year on an out-patient basis. The cost could be as high as $4,000 for a year presently.

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GOOD TEETH
BIRTH TO
DEATH
THE PRESCRIPTION
FOR PERFECT TEETH
(SEE PAGE 34)
Revised Edition, 117 Pages
with added section on
Dementia from Dentistry
Examples Prevention and Cure
41 Page 2574 Word User Friendly Index
by Dr. Gerard F Judd Professor Chemist and Researcher
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sell
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The prime purpose of this book is to assure the greatest possible
education of children and adults in making sure their teeth are not
eroded
decayed or lost by following the simple regimen outlined therein
Gerard F Judd
January 9 1997
Death" and to sell, distribute or donate copies with no limitation.
REVISION OF "GOOD TEETH BIRTH TO DEATH"
Almost everything which anybody on earth does or writes needs to be
revised.
Knowledge increases; ignorance wanes. My book is no exception. I believe
in simplicity and
therefore try not to fix things which are not broken. When an error is
discovered, I need to update
my work.
Since the second edition of my book in 1997, I have learned many
important things about
teeth. But if I would just rewrite the book no one would know where new
knowledge replaced
the old. That's important.
Recently I wrote a 23-page document answering 300 questions that people
have asked me
about teeth. My answers are formulated in the best language of chemistry
I can give. The
document is new, and extremely important to tooth care.
But even this new document is not adequate to clarity my excellent
treatise, "Good Teeth
Birth to Death." I need to explain what is incorrect in the old version
so the reader will know
some of the very valuable things I have learned to improve it.
Error No 1: First of all, I used the term "tooth decay," a common tem for
dentists, at
least 200 times. That was before I learned there is no such thing as
tooth (enamel) decay. There
are at least two evidences for this: (1) skeletons alter 5,000 or more years still have their original teeth even though exposed to bacteria and viruses in all kinds of conditions, and (2) there is no carbon in the calcium hydroxy phosphate (apatite) enamel and therefore viruses and bacteria, which both require carbon to exist, are defeated. All this in spite of the fact that dentists are publishing papers in technical journals about Streptococcic Mutans as though bacteria were eaters of enamel. This is false science.

So much for tooth decay. If I had to replace the two words *tooth decay* in my book, they would be replaced with *tooth cavities.* Tooth cavities are holes in the enamel that are caused by two things: (1) acids, and (2) dentists. Acids, having the highly positive hydrogen ion (H+), pull the highly negative phosphate ion (PO43-) out of the tooth, and with it the calcium (Ca+2). As for (2), dentists use probes to dig poorly formed crystals (plaque) off the teeth and frequently dig holes right through the enamel. A dentist did that to me. I still have the tooth and it gives me no trouble, but it was cut almost in half by a dentist's probe.

Now we all know about acids, especially those having pH 1-3.5. Nothing else in the diet will dissolve or react with enamel. Eating is done quickly enough that bacteria do not have time to create acid from the food, so we need not worry at the dinner table about anything except acids. These are contacted with water or saliva (pH 6-7), which cause them to be chemically removed. Some examples of acid foods are lemons, grapefruit, rhubarb, coca cola, sprite, root beer and other drinks. The three prevalent acids in these foods or drinks are carbonic, phosphoric and oxalic.

Error No 2: In my book I recommended to keep sugars off the teeth. Sometime after writing my book, I did an experiment, adding a hot concentrated solution of sucrose to calcium phosphate to observe whether it would have any dissolving effect. I washed the calcium phosphate again and again with the hot solution. My final conclusion was that sucrose has no significant action on teeth. This differs from my earlier conclusion and with the literature quoted on pages 24 and 25 in my book. I also did the experiment with saturated glucose and saturated fructose solutions, with the same result. Sugars do not damage teeth! My eating of candy bars has not affected my teeth!
Conclusion: From a chemical standpoint, I can safely say that sugars, non-acidic foods and bacteria cannot harm tooth enamel.

Error No 3: The third error in my book has to do with the word "dentine". I used the word dentine to mean the center of the tooth. When I got curious and looked in Webster, I found the dentine is actually the enamel, the apatite, and the calcium hydroxy phosphate. Now that I know better, I call the middle of the teeth "pulp".

Error No 4: A fourth change may not be an error but just a thought. A mixture of monosodium phosphate and disodium phosphate, 1/20'h teaspoon/da each, is probably better than lecithin, to provide phosphate for the body. Lecithin lowered triglycerides in my blood system from N200 to N50 and may have crinkled my arteries, thus accelerating my need for a quadruple bypass.

I need not discuss my outstanding book, "Good Teeth Birth to Death" further since it required only the above four changes.

I have gleaned sources of help for those of you who want reasonably priced chemicals:

Ascorbic Acid 1-800-777-1324
$17.25 delivered 2.2 lbs.
NaH2PO4 $7.50/lb, Na2PHPo4
Mono and di-sodium phosphate $7.50/lb, $20. min, $8.95 ship,
National Fonnulary grade
Triess-es 1-818-848-7838
Hydrogen peroxide 35%
Food Grade
$8 per 12 oz; $8. shipping
1-386-658-3757 Barmor
also $18.45 1 pint delivered
David Latona: 1-888-813-4228
Oral Chelation 180 tabs, $36.90
41 items Natures Aide
1-800-730-4145 artery cleaner
Hyaluronic acid 90 cap. $41.90
7 items Purity Products
1-800-546-4665
old age symptoms
Vision Essentials 1-800-722-8008
Dr. Julian Whitaker
120 capsules $41.98
Cod Liver Oil for arteries $8.90
Puritans Pride 1-800-6451030
Gold Std Protein Pdr 1-800-708-3803
$119 4 cans/4 lbs.
900 scoops, 44 days
Spectra (38) Greens Pdr
1-800-325-1776 DaVinci
$34 for 30 days
Ruby Red (39 Huits) 1-800-943-6465
30 cal per sewing
$65.85 for 90 days
Oil of Oregano 1-800-769-7873
$36.90 13.5 ml delivered
Olive Oil Ozonide 1-250-368-6480
$18/30 ml delivered
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I, Gerard F. Judd, the author of this book, hereby claim the right to
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or have printed parts or all of my manuscript "Good Teeth from Birth to
Death" and to sell, distribute or donate copies with no limitation.
Anyone else in the USA or abroad may also have automatic permission
from me to print or have printed parts or all of the manuscript and to
distribute or donate copies as they wish.
The prime purpose of this book is to assure the greatest possible
10
is
sell,
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25
education of children and adults in making sure their teeth are not
eroded,
decayed or lost, by following the simple regimen outlined therein.
Gerard F. Judd
January 9, 1997
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page i
COVER PAGE: GOOD TEETH, BIRTH TO DEATH
Why was this book written? To bring to every human the secret of how
to have strong, non-decaying teeth throughout their life.
How did I come upon the secret? I am a research chemist and I did not
believe our Mayor should have contaminated our pure water with the nerve
poison fluoride, which I felt sure could not possibly lower decay as he
claimed. Through a study of fluoridation I was led to the study of the
real
cause of tooth loss, of which I am now certain.
I now know that fluoride In drinking water doubles the decay rate of
American teeth from 0.35 to 0.70 tooth per year by destroying the enzyme
which allows flexible enamel to form. Thus fluoride is out forever as an
adjunct to good teeth. =
I now know that the elements of tooth enamel must be replaced daily
to prevent erosion away from the decayable dentine underneath.
I now know what major factors accelerate enamel loss and how to rule
out their action. I have a 110-word regimen which will insure one's
having
good teeth from birth to death, with no more decay. See page 34.
Good reading! Good teeth!
Gerard F. Judd, Ph.D., Chemistry
Professor of Chemistry 31 years at Phoenix Community College
Industrial Researcher 18 years
Researcher on Cancer Cure Chemicals
Received Award for Research on Manhattan Atomic Energy Project
Emeritus, American Chemical Society
Elected to Sigma Xi Research Fraternity
Member of Alpha Chi Sigma Professional Chemical Fraternity
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Year Decline in Decay for Children of Netherlands, Sweden, Finland, FR Germany, DR Germany, USSR, USA, United Kingdom, Czechoslovakia, Switzerland, Italy, Belgium, France, Portugal, Bulgaria, Iceland, Ireland, Spain and Yugoslavia.

J.A. Ylamouyiannis (Reference 24) U.S. (Fluoridated) decline in decay of 50% over 40 years in Boston (Forsyth Clinic) as shown in the Curves of #12 above where Finland, Sweden and Holland (Non-Fluoridated) had Values of 92%, 82% and 72%

16. G.F. Judd Improved Method of Fluoride Analysis using 2.5 mL of Solution
17. 66 out of 83 Enzymes Decreased by Fluoride
18. 113 Serious Ailments Caused by Fluoride
19. Man with Ankylosing Spondylitis (Spine with Fixed Curvature) due to 2-4 ppm Fluoride in Drinking Water of Chinese Province
20. All vitamins and Minerals, Amount Necessary for Good Health and Purpose of Each
21. Table of Toxicities, mg/kg, LD50
22. Dementia and Dentistry
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What great positive discovery have I made after 5 years of laboring against fluoridation?

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Good Teeth, Birth to Death

Why was this book written?
This book is written to reveal the secret that I have discovered about
teeth. I have learned how to keep my natural teeth for my entire life, with no further erosion,
fluorosis or decay. Since I am 74, and have 85% of my teeth, which are improving by the day,
I feel qualified to give this instruction to you. If you find this instruction doesn't apply
to you, please place this book in the hands of someone with tooth trouble.

What are some of my experiences up until 5 years ago which have turned me
onto tackling the tooth problem? My own experiences with bad tooth pain and dentists whom I could not
afford for many years prompted me to wonder why I should have to endure such totally
unnecessary trials. The great pain and mental anguish caused by my few toothaches have stimulated
me to wonder at statements I have often heard: "Oh, decay is just a matter of genetics." "Some people have
perfect teeth and no decay simply because of their inherited resistance." Why, I asked myself, does this have to be true? Or more importantly, perhaps it is not true.

When I was at the University of Utah in 1942 as a poverty-stricken student, with a cold-sensitive tooth giving me great pain, I walked around the dentists' offices trying to find out how much it would cost to have my tooth fixed. My wage of $12 per month as janitor of the medical building was not sufficient to pay the $30-$50 it might cost to enter the dentist's chair. Although I asked at several offices, I never found a dentist I could talk to about money. After a lot more pain and waiting, I succumbed to one dentist whom I thought might be less greedy than the others. As I recall, he took a few minutes to fill my tooth with a silver-mercury filling, for $20. I felt beat--more than a month's salary, for just 15 minutes of his time. With what would I buy my pencils, writing paper, books and school supplies? I felt the disparity in our salaries was beyond all reason, and I hated it. After all, I worked harder in my university studies than he worked in his office. It didn't make sense for him to earn $1600-$3200 per month and me only $12.

Other tragedies have also affected me as I have grown up and encountered this problem of
what I consider to be over-bloated salaries of greedy and often incompetent dentists. You might say, their attitude is charge all, or in fact more, than the traffic can bear. My mom as a young woman of 35 had arthritis and the dentist of our little town of Delta, Utah told her that this malady may be caused by her teeth. There was nothing wrong with her teeth, but she was convinced by the dentist she should have them all pulled and be fitted with false teeth to end side infections. She went ahead with this, but her arthritis was not improved. She then had the additional defect and hurt of losing her natural teeth4'5. No doubt the cost of repairing single teeth then was about $30, an exorbitant fee for a poor farmer. A dentist can always create a high lucrative income by the practice of x-raying the tooth, digging at the plaque, wiring cracked teeth together, grinding away and polishing the enamel, shaping down a tooth after root canals to mount a crown, building bridges or applying sealant which lasts only 6-8 years. Soon we must apply our own fillings, plastic seals and coverings. To worsen things nowadays, since most dentists are unable to do much but x-ray, fill and pull teeth, there will be 2 charges. one to the primary dentist and a second-repetitive examination and larger charge for the orlhodontist or specialist. This double charge is plundering America's pocketbook and taking advantage of insurance. All these alternatives to simple erosion repair keep a person poverty-stricken while adding to the inordinate salary of the dentists. Filling a tooth nowadays can cost $70-$100. Building a crown (a half-hour job) can cost from $800- $1200. To me, no dentist is worth more than car repair shops whose rates are $30-50 per hour6r7. The difference between the mechanic shops and a dentist's office is that dentists have 5 lobbied with legislatures in the states and federal govenment (while we have been asleep) to make sure no one can practice dentistry of even the simplest chores until they belong to a "dental union." Those belonging to this ostentatious group do everything according to a preconceived money extraction plan. Violators of the code will be busted with BATF-type gendarme equipped to exact conformity, whether the procedure is intelligent or stupid. Their 15 code is not free enterprise.
As children of poverty stricken farmers, whenever my brother and I had a primary tooth which was ready to come out, instead of going to the dentist my parents instructed us to pull it out ourselves. This often involved the painful process of 'fingering' the tooth out—or in difficult cases attaching a string to the tooth and to the door knob and slamming the door. How much nicer it would have been to have gone to a dentist who wanted to work at 1/10 the prevailing rate and have him extract our teeth at a very small fee. It would have accorded him more work and at the same time helped us solve some nasty problems.

The other day my son-in-law, who is in his 40's, told me he had no natural or false teeth. 'How come?' I asked. 'Well, several years ago I had teeth that needed repair and I couldn't afford it, so I had them all pulled.' 'How do you eat food now?' I asked. 'I gum it. In other words, I eat soft food which I can gum, swallow and digest.' My son-in-law is indeed a poverty stricken father with a large family, and at this age has an even lesser chance to afford false teeth than when he was younger. There are dentists who are not busy that could help him in this regard if they wished. He doesn't want free dentistry, just fair cost dentistry. Instead, dentists are greedy. They pay the technician who prepares their artificial teeth about 1/10th of their page 3 I against fluoride, thereby intensifying my headaches and causing the disorienting illness. At any prolit. But the dentists who are controlling prices would sooner go out of business than compete in the free market. I know people who go to Mexico for dental work because the quality there is good and the cost is more reasonable.

One other experience which I had intensified the urgency I have had to learn how to stop the unnecessary curse of tooth decay. It happened in the 1960's when I lived with my 8 children in Phoenix. I had not long prior had a debilitating, disorienting illness which put me on the floor at work, gasping for breath. I thought I would die, since I could not catch my breath. Along with this, I had the strange feeling of needles and pins in my arms, hands and face. It seemed as if my body was going dead. This malady I now attribute to allergy against fluoride in the Litchfield Park drinking water. I was drinking water heavily to hopefully offset allergic
headaches I had, which I now believe were also caused by fluoridel.9.10.11. Costs for us with 20 several children had put our whole family in a serious poverty situation. To save money I had discontinued drinking milk, which I did not know or think about at the time was a counteractant 25 rate, sometime after my recovery, and still in this poverty state, I had a molar-grinder which was giving me a severe pulsing pain. I went to a Phoenix dentist who told me it would cost $80-100 to till it. Rather than go into debt and pay this exorbitant bid for the dentist's $400 30 per hour salary (my school teacher's salary was about 1/25th this much at the time), I found a dentist in Sun Clty who would pull the tooth for $20. My tooth was so sturdy and well ensconced as in the roots that the dentist had to chisel it into 4 pieces to get it out. In cleaning up, the nurse accidentally vacuumed against my epiglottis, then pulled the rubber off, leaving me with the hurting, bruised, gland swollen to the size of a pigeon egg for several weeks. The nurse and 40 dentist never even apologized for the action, but tried to hide from me what had happened. 45

I have often thought how it would have been much nicer for that first dentist to offer to fill my sturdy tooth for $20 and send me home. But there again, monopolistic dentistry ruined my chance to have that perfectly good tooth with me today. 5 My own children and wife have also poured thousands of dollars of our scarce money, and accumulated debts, into what I consider to be unfair high cost dentistry- money which could 10 have been spent for a new roof (ours leaked), central air conditioning to get out of the atrocious Phoenix heat, and other necessities. In my opinion, all this work left my wife and children with medium to poor teeth and no idea of how to stop erosion and decay. This experience has greatly 15 intensified my desire to solve the tooth erosion and decay problem. How did 3 bad Mayors and Councils of Phoenix intensify my Interest and 20 accelerate my desire to solve the tooth erosion and decay problem, and finally lead me to a viable solution?
In 1990 I met John Waughtal of Arizonans Against Fluoridation. He was collecting 25 names on an initiative petition for placing fluoridation of the Phoenix drinking water on the ballot, so citizens could vote it down. He told me a public hearing had been held earlier where Mayor Goddard and the city council had approved a fluoridation scheme orchestrated by a local 30 dentist, a health professional, Washington's HHS and Atlanta's CDC. This petition failed because of lack of effort and prejudice in not having fair news media coverage. Later in 1990 the 3 Mayor of Phoenix announced he was going to put fluoride into Phoenix water to "help the 5 children's teeth." He was replaced by Mayor Johnson, who falsely instructed that Phoenix was the last of 10 largest cities to fluoridate. (Los Angeles and San Antonio were not fluoridated.) 40 Before meeting Waughtal, I never realized such a wicked practice existed in America. The idea of putting a nerve poison like fluoride into our drinking water was a dreadful shock to me. 45 It absolutely collided with principles of safety and common sense gained during my 18 years of extensive research experience. I worked with fluoride on the Manhattan Project (atom bomb) and researched on fluoroorganics at Purdue University. My personal experience with it left no doubt in my mind. Fluoride is a severe nerve poison. I knew how it felt when it crept down the nerve under my fingernail, killing each nerve cell as it proceeded to release the fluoride to the next cell. Also, my chemical experience told me that the intensely small negative fluoride ion would coordinate with iron and destroy hemoglobin, the very important enzyme involved in breathing. At that time I had a clear perception or inspiration that fluoride could not possibly be of any help in decay prevention. That Mayors Goddard, Johnson and Rimsza in succession could agree to contaminate our pure drinking water with a poison for no debacterlalization or deinfestation purpose made me inten- sely angry and upset with them and their councils. As a result, John Waughtal and I met with Mayor Johnson. We provided him and the council with hundreds of documented studies proving that fluoride is of great harm to individual health and of no use in dentistry. At one point I asked, "Mayor Johnson, if we now know through studying 39,207 students that putting fluoride
in the drinking water does not hinder decay, why would you want to put it into the water? The Mayor just sat there staring, apparently not hearing a word I said. He deliberately ignored our pleas, because he already had an agenda. At that point I learned, one more shocking reality. All the data we had provided was never even looked at, but was discarded. In the same manner, Goddard had completely ignored the advice of citizens given to him at the first hearing. I learned that these public officials listened only to the political voice of fluoridating authorities from Washington; they were not required to read anyone's facts or listen to any objections except those which emanated there. More specifically, Human Health Services in league with the Center for Disease Control personnel, were coordinating their money and efforts to make sure Phoenix was fluoridated without broadly informing the public, allowing fair public hearings or making available to the press any countering negative or missing relevant information. Later, in Tucson, I attended one of these put up jobs in a hearing conducted by their Mayor Miller. The meeting was a joke. HHS from Phoenix had hundreds of balloons suspended in the air, with *fluoride* written on them. Fully 1/2 of the hall was occupied by Human Health personnel from Phoenix, dressed in their natty official uniforms. Why did the Mayor not ask opposing citizens to likewise decorate the hall and dress up in similar official-looking attire? The agent who flew down from Atlanta presented a slide featuring a youth with a mouth full of black, broken and decayed teeth, which he declared was a result of a lack of fluoride in the child's drinking water. This was ludicrous, inasmuch as the ppm F in his drinking water was not even reported! There was also no report on what his diet consisted of, or any details about his tooth care. This points out another feature of these guilt-ridden government people we have nowadays. They think the public is too stupid to know what's going on. They also know that citizens are too poor to bring any legal action to stop them from wasting more taxpayers' money; they thus get away with engaging in Nuremburg-type13 criminality. Since they also have police power over the courts (19 national cases have been ruled against plaintiffs seeking relief from fluoride), nothing under heaven will stop their projects, right or wrong.
I arrived early at the Tucson meeting and signed up as one of the first ones to speak. But the Mayor passed me over, and never did call on me. 'He did not want to hear the truth in that meeting. He was afraid of what I might say because of letters he had received from me. He also had already received money from the Federal Government and had installed the fluoride-dispensing equipment prior to the hearing. By his strategy, of course the measure passed.

Later, when this fluoride delivery system was hooked up to the Tucson water system, the 0 fluoridation caused millions of dollars' damage due to corrosion problems. Essentially, they ruined their formerly good pure water delivery system and caused severe financial problems. Some 3 years later the system is still providing contaminated, colored, bad tasting water because fluoride has a descaling action. It removes fungus spot, rust, and every other contaminant that has been collecting for decades. Fluoride also doubles the rate of corrosion in iron pipes. The officials know it, but have never apologized for their gross mismanagement or the tax burden laid on the people. Nowadays our corrupt alien government never admits wrong, which it usually is at every turn.

Has any evidence ever been given by dentists or others as to how teeth could be kept up without erosion, fluorosis and decay? The answer to this question is an emphatic no. This booklet is a first with reasoning and proof. I delved into the books, literature and discussions with a large host of friends who were of the same mind in the fluoridation battle in the US, Australia, New Zealand, Canada, Great Britain, Holland and Austria. Incrementally, I realized there was hope in trying to prevent tooth erosion and decay. Isabel Jansen sent me a book, 'Nutrition and Physical Degeneration,' by Weston A. Price, DDS, and his wife Florence. The couple had studied communities in Switzerland, the Hebrides, and tribes of indians in Alaska. They found that isolated people who had to eat natural food had about 1/15th the decay as those accessible to stores with refined carbohydrates.
(carbohydrates include fructose, glucose and sucrose). The Price work was done before 1939.
when the 527-page book was first published. It seems apparent that American dentistry completely ignored these workers with their prodigious research and brilliant thinking. More 45

recently, Dean Bonlle, DDS from Canada. found the same phenomenon in Alaskan Indians and 0 South Sea Islanders”. He discovered that teeth which should have been completely sound were badly decayed in people on high carbohydrate diets. On the other hand, he found tribesmen and 5 Islanders with an absence of carbohydrate products in their diet with perfect teeth. Fortunately, the process is also reversible; that is, tribesmen with bad teeth when put on a good diet and Bonlle's dentistry soon developed strong, non-decaying teeth. I read reports of an orphanage in New Zealand where children had essentially no decay on controlled diets. I read reports of Mennonites who had almost no decay and I wondered if it might be because they had regular wholesome meals in their group kitchens, thus avoiding prolonged tooth contact with dissolving foods. I read of military studies which showed that World War II soldiers from certain areas in New Jersey had low decay. I read that the people in Hereford, 20 Texas called it the 'town without a toothache' in 1942. This town had almost no decay, due to their high milk consumption and soil richer in phosphate than any town in the US. Today things have changed. Stores have imported high carbohydrate products to replace self production. The town is now besieged with the same tooth troubles found in other American cities.

What proof do we have of the ruination of American teeth by fluoridation since 30 1944? The 1993 November issue of the Journal of Public Health Dentistry (JPHD), quoting the 35 head of Human Resources Security Administration, cited a dental epidemic in the US. It reported that 17-year-olds have 11 decays, 44-year-olds have 30 decays and 43% of those over 65 have no teeth at all. Blacks have twice this many decays. Poor people have twice this amount of decay and the American Indians have 4 times this decay. This is a pretty poor record for American Indian dentistry, because these "second class" citizens have been forcibly fluoridated 45
and served by free dentistry on their reservations for 50 years. A big part of US Public Health (HHS) money is allocated for just this purpose. This is a poor record for the American Dental Association and their associates, since they have pushed fluoridation as the cure-all for dental decay. How in the world have Indians ended up with such poor teeth? Not only does JPHD tell the story about bad teeth from fluoridation, but 4 studies within the last 23 years, involving 480,000 children of median age 12, tell an even stronger one. We find 22% average increase in decay per 16 years in 12-year median age children when fluoride was elevated from approximately 0 to 1.0 ppm in their drinking water. Japanese studies showed that there was a 7% increase in decay for 21,000 children when fluoride was increased from 0.3 to 1.0 ppm in their drinking water. 23,000 Tucson children drinking water with 1.0 ppm fluoride had 43% more decay than those with no fluoride in their water. The country of India studied 400,000 children and found a 29% increase in decay in areas having 1.0 ppm fluoride as opposed to those with 0. A National Institute of Dental Research study on 39,207 children in U.S. cities showed an approximate 5% increase in average decay in fluoridated cities, assuming 0.4 ppm in non-F and 1.0 ppm in F areas. High decay towns showed a 10% increase in the F over the non-F ones.

Still further, there are entire nations that are completely non-fluoridated that have a far better record of decay reduction over the 20-year period between 1965 and 1985 than the US. Finland had a 98% reduction, Sweden an 82% reduction and Holland a 72% reduction. The US, with all its fluoridated gels, swishes, toothpastes, brushing and flossing advice and billions of dollars in federal subsidy, had only a 50% decrease. This 50% decrease would be markedly lower if it included pockets of poverty stricken-blacks, illegal Mexicans and American Indians, which it does not. It is clear, then, that fluoridation in the US has been very harmful to the teeth of American citizens. I estimate that of the people who have died in the US since 1945 (50 years), 500
million have lost all their teeth due to fluoride and 1.5 million of those over 65 still living have lost all their teeth due to fluoride. Of people who have reached 44 years of age since 1945, 1.5 estimate 50 million have had 90% of their teeth decayed because of fluoride. It is estimated 25 million of those over 44 now living have lost 90% of their teeth due to fluoridation. 17 million of those under 17 years of age new living have had 33% of their teeth compromised by fluoride. If we were to count the cost at $80 per tooth, the cost of all decay since 1945 from fluoride, assuming an average of 50% decay, would be $150 billion dollars. This is a total and 15 complete waste amounting to a per person loss of $120021. The cost is very probably many times this due to the root canals, crowns, gum pockets, gingivitls, and cracked teeth caused by fluoridation. All the addition of fluoride waste to drinking water has accomplished is subsidized 20 jobs for those on a wild goose chase, supposedly looking for a cure for caries.

What propels the false dentistry of fluoridation? In 1951 President Harry Truman signed into effect a law giving almost "carte blanc" money to dentists. Beginning with millions in subsidy in the 50's, the output for buildings, 30 annual programs, school gels; swishes, and tablet treatments and research grants has now reached billions per year. President Reagen finished the carte blanc in his administration, giving virtually all our health care management over to this subsidized industry. This money has been totally wasted on chair warmers and non-thinkers. For 50 years this huge concatenation of federal, state and municipal governments, private agencies, numerous chemical companies in league with dental and medical authorities, chemical and other textbook authors and researchers, along with the news media, have been pursuing a wrong course in trying to reduce tooth decay with fluoride. One might even say that once the government got into tooth decay monopolies took over, and fluoride became a venerated symbol of worship. The cure of tooth decay was actually doomed from their efforts. What actually happened was, early in the 40's disinformation specialists from the chemical industry were planted in the government to invent a program to get rid of waste industrial fluoride. They
pursued the erroneous premise that fluoridation of drinking water would prevent tooth decay. Soon the news media" crushed all opposition and cooperated in the big cover-up, until today 10 there is no mainstream news media that will carry a negative article or program about fluoride. Today the F word is virtually unmentionable in the press or on TV. 15 How did false science get into the tooth care picture? Early studies which led down the false path of fluoridation were done by individuals who 20 were not scientists. Most of them were dentists seeking business and government subsidies or other individuals who had a motive in selling huge stockpiles of crude, wet fluoride, industrial waste which was stored in barrels that were corroding through. First the waste came from 25 companies which produced the great amount of aluminum necessary to make aircraft wings for World War II. After that came phosphate fertilizer companies with their waste fluoride, their rock being convened by sulfuric acid into hydrofluoric acid. This acid is now run into aqueous 30 sand to make fluorosilicic acid, which in turn is sold to cities to furnish fluoride, silica, lead, cadmium and other sand contaminants to their water systems. Further, fluoride ensues from steel production where it is used as a flux. Brick plants, petroleum plants and atomic energy 35 plants furnish further waste fluoride. Today this sand composite with fluoride trash is dump-ed into 60% of our pure American water systems. The dental lobbyists and government are 40 trying to make this figure 100% by 2005. Research institutions (Mellon and Kettering) in the past have contracted with vendors in order to sell chemical waste for a profit. Having the great 45 page 12 reputation enjoyed by chemical foundations has permitted these and other entities to get away 00 with the false scheme of fluoridation of our drinking water. In the 40's and 50's, the non-scientific dentists made superficial comparisons between 5 teeth in fluoridated and non-fluoridated communities. They quickly concluded there was certain reduction in decay in the fluoridated communities. Before finishing their sloppy 5-year compar-lsons. These values varied with their reports from as high as 80 to as low as 20. Being non-10 scientific, these authors failed to report the exact ppm F in all the drinking water of tested resi-dents in each 01 the cities. These non-scientists who were carrying cut the surveys were not 15
sure fluoride was not higher with natural fluoride in some of the areas in the non-fluoridated cities than in the fluoridated cities. Was it 80% for 1 ppm difference or .1 ppm difference? These non-scientific authors also did not report the time period of the decay reduction. You can't leave out critical data in a scientific study! Percent must correlate with a secondary or triple factor. Was it 50% for 1 year, 5 years, 50 years, or what? If it was 80% in 5 years, the decay left in 50 years would be 100(.2)10 or .0001% undecayed teeth. Thus, everyone at age 25 55 would have 100% of their teeth unaffected by decay, which is grossly invalid. We know of course there is no such thing as every American having 32 teeth intact, with no decay.

What is the criminal nature of our government in this picture? No care was taken in these early investigations to study the true problem: the components of the teeth, and their relationship to the elements in drinking water, food and other supplements consumed by persons involved in the studies. Animals should have been used first in the studies so as not to harm anyone. Instead, agents of the federal government carried out an ill-spirited experiment on an unsuspecting public. This was done over the objection of a large number of creditable scientists, who knew it was recklessly violating a very important principle of the Nuremburg court set to try Nazi war criminals. Nazi criminals were executed according to the Nuremburg rules for experimenting on single or multiple human subjects, without their permission. Hitler implemented these human experiments in Germany. Unfortunately, President Truman and Congress, along with our chemical industry, implemented human experimentation in the US. The difference was, the US experiment was unscientific and a complete failure, whereas the Germans gained some profitable knowledge from their experiments in about 1/10 the time and with enormously fewer victims. We know for certain from a study involving 18 million people that there are a minimum of 61,000 US citizens killed by cancer annually due to fluoridation of drinking water.

The whole scheme of government intervention is an exercise in criminality. This criminal nature of our government has been confirmed in the last few years as I have tried to inform and
also get some action to correct the fluoridation problem. First of all, I have published 687 pages (4 volumes) of documented studies on the harm of fluoride to teeth and health. I also sent 4 copies of each volume to EPA as per their 2 requests (1990, 1993) for updated information for the Federal Flegister. They failed to comment on any of my work. Presumably, the data was dumped. In a manner of speaking, they were stealing my time by making me work for them under false pretenses and for no good purpose. Secondly, I added these documents to the Library of Congress with 2 other books for Congressmen to read. Not one of the 550 Congressmen that I know of went across the street to read my books, although I informed every one of them. Thirdly, I wrote 5 separate letters to all 550 Congressmen, with 17 pages of information, which I asked them to comment on. Not one did. Fourthly, I called several offices of these senators and representatives, to get action. They were always inaccessible, so I left messages with their aides, which messages they chose to ignore. Fifthly, I wrote to every governor in the US 3 times with documented information and a request for comment. About 15 wrote me a noncommittal letter or a letter justifying fluoride as being widespread in the environment. Not one of them commented on the data.

As we see it, these gentlemen do not represent their constituents, but are simply crowding around each other protecting their salaries, which range from $100,000 per annum or 14 times the minimum wage for most governors to $145,000 or 20 times the minimum wage for 5 senators and representatives. This does not count their reprehensible dips into the national treasury for retirement after a few years' service, or the double dip when retired military people enter Congress. Neither does it include office expenses, secretaries, other perks and fun 10 junkets charged to the taxpayers. Furthermore, the executive and congressional expenditure of additional billions of dollars' subsidy to the dental profession for fluoridation has prevented the true knowledge and secret of tooth care to remain locked in laboratories of individuals seeking more funds for more fluoridation. Truly, all these governing individuals are making more and more average working Americans into a poverty-stricken people who now are 20 beginning to look like the serfs of kings in the middle ages.
In order to clean house, these public officials need to be removed from office and sent home where they can do no harm. New ones need to be elected in the separate states to represent us at the city, state and federal levels, with salaries paid by the home states. The primary emphasis of the new crop should be to lower their salaries to minimum wage and take laws which bind us down off the Federal Register and state statutes. Laws need to be taken off the books which favor special interests. Laws need to be enacted to protect ordinary citizens as they work to make a living. There are thousands of citizen-detrimental laws which have been passed by Congress and the states to give advantages to large monopolistic combines and burden the small entrepreneur with taxes, a big detriment to the ordinary citizen. These current public servants should not be earning even the minimum wage of $7100. In fact, for the harm they do, they should be paying us to occupy their positions.

What great positive discovery have I made after 5 years of laboring against HuoHdaUon? My conclusion after 5 years of intense study is that one's teeth can be kept for a lifetime by simple strategies that relate to what the teeth are, how they are constructed, and how they are changing with the mouth environment and body nutrition. I am drawing on a life of extensive research, publications, study and teaching of practical chemistry. I have also read dozens of books, and hundreds of articles sent to me about the subject. I have published 687 pages of documented studies which were sent to EPA and more than 60 others. I have discussed the subject widely with a large number of scientists and lay people, and given talks in many cities. I have in addition developed a rapid, accurate method of determining the amount of fluoride in water on small 2.5 ml samples. What is the composition of teeth, and how does this affect what happens to them on a daily basis?

The Merriam-Webster dictionary of 199337 defines the basic substance of tooth enamel, apatite, as any of a group of calcium phosphate minerals occurring variously as hexagonal crystal stals, as granular masses, or in ine-grained masses as the chief constituent of phosphate rock.
and of bones and teeth. Enamel is a beautiful, flexible polymer of basically calcium phosphate.
A good tooth is comprised of an outer 1.5 mm layer of enamel, an inner layer of dentine, and 35 an inner-inner layer of pulp. In the center lies the nerve. Roots secure each tooth to the bone.
The outer enamel of a person on pure water and an adequate diet of milk and vegetables is V 40 comprised primarily of hydroxy apatite (Ca$_5$(PO$_4$)$_3$OH). Sharks, which are exposed to the higher level of 1.3 ppm fluoride in the ocean, have teeth different from man and are primarily

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a composite of fluorapatite Ca$_5$(PO$_4$)$_3$F. Dentists and others espousing the false fluoride .0 theory of dentistry say that fluorapatite has a lower solubility ln acids. Therefore these unknowledgeable technicians try to change tooth composition by crowding fluoride into the tooth 5 with gels containing 13,000 ppm fluoride. Keith Kantor, a child being treated In a dentist's chair, was killed in McMinneville, Oregon last year when he swallowed half a teaspoon of this nerve poison". His illl brother was saved by administering calcium gluconate, an antidote. 10 Dr. Alben Schatz", discoverer of streptomycin, the first antibiotic cure for tuberculosis, showed contrarily to dentists' assertions that sharks' teeth would dissolve just as well ln citric 15 acid as non-fluoridated human teeth. Teeth can also contain small amounts of undesirable chlorapatite (Ca$_5$(PO$_4$)$_3$Cl), depending on a person's synthetic enzyme system and diet. The 1990 Handbook of Chemistry and Physics", pp 4-171 shows these 3 compounds having a 20 hexagonal crystal structure with cell measurements listed below:

<table>
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<th>Formula</th>
<th>a spacing</th>
<th>c spacing</th>
<th>cell vol</th>
<th>molar vol</th>
<th>x-ray density</th>
<th>cal/bar</th>
<th>25 hydroxy Ca$_5$(PO$_4$)$_3$OH</th>
<th>9.4180</th>
<th>6.883</th>
<th>528.7</th>
<th>154.2</th>
<th>3.155</th>
<th>3.805</th>
</tr>
</thead>
<tbody>
<tr>
<td>hydroxy apatite</td>
<td>9.4180</td>
<td>6.883</td>
<td>528.7</td>
<td>154.2</td>
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<td>3.805</td>
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<td></td>
</tr>
<tr>
<td>chlorapatite</td>
<td>9.6290</td>
<td>6.777</td>
<td>544.46</td>
<td>163.86</td>
<td>3.178</td>
<td>3.916</td>
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</tbody>
</table>

What can we learn about teeth from bones, which have essentially the same structure? 35
It is clear from medical studies that the bones undergo a transformation daily when there is not enough calcium and phosphate. The hairline crack formation throughout the bones due to 40 that absence is called osteoporosis. Clearly, the calcium phosphate in the tooth is constantly
migrating out of the tooth and going to the bones and heart, the DNA and RNA, and wherever it is needed to replace that which is lost from the body. A supply can also migrate back into the tooth.

How does the flexible structure of teeth become brittle?
Fluoride creates brittle teeth, as does any other alien ion entering the tooth's structure.
Fluorapatite (bogus enamel) is denser (harder) than the hydroxyapatite (true enamel) and has different axis measurements and molar volume. This means that the crystals, while partially accommodating to true enamel, are different enough so the combination will sever and become brittle. Therefore, modern dentists are busy wiring together cracked and broken teeth with gold wire as the fluoride enters the tooth by fluoridation from water, gel, swish, brushing, etc. In addition to the crystalline structure, enzymatic formation of enamel from calcium and phosphate is polymeric in nature, giving it flexibility. This flexibility is destroyed when other ions such as magnesium, iron, chromium, zinc, fluoride, sulfides or sulfates, enter the structure. With 15 grams of magnesium alone in the plasma, some ions destined to enter the tooth in the absence of calcium. Magnesium in the tooth will make it brittle and an off-color white.
The dentine just inside the enamel is comprised of a still more flexible modified apatite structure with more of an organic nature. It is this composite which is decay-prone. When the dentine decay reaches the nerve, pain is felt. An empty root canal attracts bacteria: fill it.
How does tooth erosion, the harbinger of decay, occur?
Daily, the calcium and phosphate of the enamel is migrating out of the teeth to the bones, heart, brain and other places where it is needed. This is called by the dentists demineralization, which occurs as follows:
\[ \text{Ca}_5(\text{PO}_4)_3\text{OH}^- \rightarrow 5\text{Ca}^2+ + 3\text{PO}_4^{3-} + \text{OH}^- \]
This demineralization will leave a hole in the tooth if it is not accompanied by replacement of calcium, phosphate and hydroxyl, which occurs as follows:
\[ 5\text{Ca}^2+ + 3\text{PO}_4^{3-} + \text{OH}^- \rightarrow \text{Ca}_5(\text{PO}_4)_3\text{OH}^- \]
In other words, to prevent enamel erosion, which exposes the dentine and nerve, a daily supply of calcium, phosphate and hydroxide (from water) must be supplied to the teeth.
What enzyme is needed for re-enamellization of the tooth?
Re-enamellization (remineralization) of the enamel requires the enzyme adenosine diphos-
phatase, as well as supplemental calcium and phosphate in the diet. Furthermore, remineralization of the dentine underneath the enamel requires calcium, phosphate and adenosine diphosphatase. Dentine has been shown to repair also, even after the onset of bacterial attack. Be aware, though, that re-enamelization (remineralization) cannot occur without adenosine diphosphatase and perhaps other enzymes. Fluoride destroys 66 out of 83 known enzymes and is thus a blocker to re-enamelization. Do young people and adults have the same re-enamelization rate? No! Studies have shown that re-enamelization of the tooth occurs for both adults and young people. For young people age 6-12 years it is about 10 times that for adults. Furthermore, there is a difference in the rate of enamel regeneration between different individuals. This points to the great individuality of people where each person has a different quantity of vital so enzymes due to the individual's specific genetic character. This genetic character expresses itself in every organic affliction of man, and each person's genetics must be supplemented with 35 food and dietary supplements for proper maintenance of teeth and other aspects of health. This is especially true of teeth, where the enamel is always under subjection to the foods, fluoride and other items in which they are bathed.

What is necessary to re-enamel the teeth? Let me make it perfectly clear. Unless one furnishes extra calcium daily in the diet, that person will be sacrificing his/her teeth. The improvement in tooth enamel by that expedient alone will be dramatic, as was shown on a recent study of 20,000 children in India on 1 ppm natural fluoridated water. 10,000 of the 12-year-olds were controls. The other 10,000, who received 800 mg of calcium daily, had 1/10 the decay and 1/3 the fluorosis of those who had no supplement. That experiment was done with calcium, which is known to be necessary to man by tests and observations on thousands of animals as well as people. Those without it will one day certainly have osteoporosis or hairline cracks in their bones. These cracks may lead to broken hips, a virtual death sentence for an older person. This experiment with calcium proves for once and all time what early dentists and government agents didn't know and even current dentists and government people don't know: supplementary calcium is necessary in the diet for
Dietary calcium, about 1000 mg/day, is absolutely necessary for good teeth. These tamperers with fluoride should have had this knowledge half a century ago. They should have been engaged for this 50 years in making sure those who visit the dental offices and sit in the classrooms are sent home with a packet of calcium pills. The calcium pills must have vitamin D built into them to make certain the calcium is utilized to the fullest extent when present in the mouth and blood stream, along with the enzyme which permits placement in the beautiful flexible polymer. All is not known about the enzyme system necessary for this replacement, but we can be sure the enzyme will not be in the mouth if there is enough fluoride to compromise it. Fluoride breaks the important hydrogen bonds which keep the enzyme structure in place, thereby destroying its function. Dental papers have been written showing that fluoridated people have less replacement of enamel than the non-fluoridated ones, confirming the enzymatic loss. 41% of Americans have dental fluorosis, which is off-color brittle teeth.

Fluorosis and mottling are conventionally seen as being caused in regions having 1.5-10 ppm fluoride in the drinking water. They can occur extensively, however, in regions where there is almost no fluoride in the drinking water. The teeth look bad, with their mixed black, brown, yellow and eggshell white hues in a chipped, broken state. There are many people in 10 Buckeye and Yuma, Arizona who having consumed their natural high fluoride water, exhibit the characteristic black, crumbling teeth. In the US we now have 41% of the population with various hues of this ailment due to many factors, one of which most certainly is fluoride. The condition has grown worse as fluoridation of drinking water by our alien agencies of the US government has expanded. One can expect these hues, spots and chips in all but a few mouths. As calcium and phosphate migrate enzymatically in and out of the teeth, both externally on the tooth and internally in the tooth, alien ions can get into the tooth structure. If they do, the teeth will have off-color spots and a brittle structure. These alien ions come from the heart, muscles, liver, kidneys, bladder, brain, liver, skin, bones and just about any other part
of the body. They amount to about 7 pounds (4 liters) as measured from cadaver ashes. These elements are transported in and out of their organ, some rapidly, some slowly, and some extremely more slowly via the 144 pounds of water held in a 180 pound person. Some of these ions are very colorful and some are completely white. Some are fluorescent and give dazzling colors when viewed on colored TV. Examples are shown below:

- calcium sulride white
- lead phosphate white
- calcium phosphate white
- lithium sulfide white-yellow
- chromium sulhde bm-blk
- lithium phosphate cream
- chromium phosphate violet
- magnesium sulfide pale red-bm
- cobalt sulfide black
- magnesium phosphate gray
- cobalt phosphate reddis cr
- manganese sulfide gray pink
- copper sulfide black
- manganese phosphate gray
- copper phosphate blue
- mercury sulfide red
- nickel sulhde
- nickel phosphate
- silver sulfide
- silver phosphate
- strontium sulfide
- strontium phosphate
- zinc sulhde
- zinc phosphate

15
20
25
30
35
black
green
black
yellow
QFHY
white
white
white
45
page 21
iron sulfide yellow
mercury phosphate red 0
iron phosphate pink
molybdenum sulfide gray
lead sulfide blue
molybdenum phosphate yellow
We know that fluorosis is not caused by fluoride alone, because at least 9 huge studies found that 5 fluorosis victims had negligible amounts of fluoride in their drinking water, whereas victims in 9 other large studies had an equal amount of fluorosis in fluoridated areas. 10

How can we avoid fluorosis and mottling?
If we look at a section of a tooth where fluorosis occurs, we see the following happening on a 15
d3"Y basis! The tooth is greatly magnified. The holes
are the size of the ions which leave (calcium *bs P 62"
Gaz. PO43' gd von? and Phosphate) and those 20
* phase E * which enter in the 9-7, _ enamel tooth to give it a S2'----r color and make it P PO43' C8s(P04)SOH brittle such as iron, 0* ls. _ 4-1-Cuz.; chromium, copper. The exchange of ions _f-P nmride' "nat" 'etc' 25 in the teeth is called Ca2+ quo,-o',_ The _gl po" If calcium and phosphate brimeness and me 5, $3 W" Pfam* 'll' ="**
chipping caused by it Po43_ Q03 of ions would not enter. is called me i P' 5 fi' ng. Ca2+ zn2* G 30 All one has to do is. make sure there is enough calcium and phosphate in their diet so that the 4 migration in is faster than out, and migration in is also faster than that of the alien ions stand- ing by. Calcium and phosphate ions have an advantage over the other ions in that they are just 35 the right size and shape to fit into the vacant spot caused by the out migration. Taking 1000 mg of calcium with D daily and one tablespoon of lecithin powder containing phosphate is a simple enough expedient to completely eliminate this problem. Thus, if you want to appear in 40 movies or be a TV announcer with perfect white teeth, all you have to do is follow this advice and the advice later on which will prevent rapid out migration. ' 45 page 22 A l I u ui l l _ How do we know that phosphate migration Into the teeth ls Important? 0 Phosphate in the tooth ls linked to calcium ln the apatite (Ca5(P04)3Ol- 1). When the apatite 5 leaves the teeth, a perfectly nonnal process, the following happens: Ca5(P04)3OH----: 5Ca2+ + SPO43- + OH-
It is not possible because of balanced charge for calcium ion to come out of the tooth without -10 phosphate lon unless an alien metal companion lon slips in first. Thus, when calcium leaves, phosphate also leaves. If dietary calcium and phosphate are sufficient. neither one will be at a 15 loss and the teeth will be perfect. P045 Cas, OA, N 032'\,0b' Perlect enamel: the phosphate, 20 9 - Cast acaz* A calcium and hydroxide migrate --P tooth (._..P04s= in as fast from the diet (1000 vo,-af Cas. a enamel Gaz, PO". mg Ca, 1300 mg P04=+. OH.
'S' (from H2O) as they migrate
QOL Ca:__,, ca5(P04)3oH (____cf:_Po43' out from the enamel. 25
on-s mil
Q
ca"-' s1
vols', ,Fi to
Q * 35- OV.; 30
= ia.
Since a fluorosed leggshell white) tooth is often due to the negative
fluoride migrating back into 35
the tooth. this in itself ls proof that negative phosphate migrated out
when there was a shortage
of phosphate in the diet.
Hairline cracks in the bones (osteoporosis) of persons with calcium-
deficient diets give 40
further evidence that the companion phosphate to keep the charge balanced
is also gone. This con-
dition is healed in a year or two by providing 1,3 g calcium and 1.5 g
phosphate daily to the diet.
45-
If phosphate is present at the site, then the phosphate ion migrating out
will be replaced by that
page 23
0
migrating ln.
Dr. Dean A. Bonlie" confided to me that he felt (in opposition tothe
theory of many others
in dentistry) that the dentine and enamel were formed inside the tooth
rather than outside 5
through intervention of adenosine dlphosphatase. I teel perfectly
confident that both inside the
tooth and outside on the surface new construction ls occurring
constantly, even if at a slow rate. 10
Just the name--phosphatase--lays emphasis on the fact that phosphate ls
involved and
needed ln tooth construction. Furthermore, the early 1949 history of
Hereford, Texas and its
high phosphate soil leading to almost no decay and reputation of a *town
without a toothache' 15
points to the very vltal importance of dietary phosphate to the tooth. It
also points out the
danger of not having enough present in body fluids so it can crowd out
allen ions such as
fluoride. chloride, carbonate, sulfate and sulfide (F-- Cl-, CO32',SO42-, S2'). This would ' 20
weaken the tooth structure and make it more likely to dissolve and/or
fracture.
Again, the advice to counter most of the nasty effect of fluorosis and
mottling in the teeth is 25
to take 1000 mg of calcium with D and 1 tablespoon of powdered lecithln
daily.
' By what process do fructose, glucose and sucrose sugars dissolve the
teeth?
The statement by various authors based on rat studies, that sugar does not cause caries, has challenged my absolutely firm knowledge that sugar can and does dissolve teeth. Sugar in high concentration kills bacteria, thus lowering decay. But contrariwise it will dissolve the teeth, open channels to the more organic dentine and eventually cause more decay. A 45-page paper published recently proves that fructose, glucose and sucrose form stable chelates with calcium. This means the teeth will dissolve. Chelation means claw, and aldehydic sugars sucrose, have the 4-member structure which "claws" the calcium out of the teeth.

Xylitose wood sugar, absent the chelating group, is harmless to teeth and as the Finns have found is an excellent additive to gum, candy and toothpaste. Chelation of calcium by aldehyde:

\[
\text{fructose calcium ion chelated calcium} \tag{10}
\]

Fructose, glucose and sucrose chelate calcium.

One must remember to rinse all sugary products off the teeth ASAP to avoid dissolving the teeth by chelation.

It makes good sense to realize that if the teeth have phosphate as part of their structure, when the teeth erode and calcium leaves, some phosphate is going along for the ride. Lecithin is a good source of the phosphate make-up as are a few other substances below.

**Phosphorus, grams, in 100 g of food**. Daily need is approximately 1 g.
- Soybean powder: 1.5
- Egg yolk: 0.524
- Cotton seed meal: 0.743
- Dried beans: 0.470
- Linseed meal: 0.741
- Almonds: 0.465
- Cheese: 0.680
- Wheat: 0.423

How can acids dissolve phosphate out of the tooth? We are all acquainted with acids and how they can dissolve rust, 'eat' metals, destroy the skin and so on. The thing most people don't know is that they can also dissolve the teeth and bones. Furthermore, most people do not know why acids are so different from other compounds and why they do what they do. I will explain: A 45-page paper.
The proton of an acid is the hydrogen ion. In HCl, that is the H part. Therefore we have:

HCl ----> s H+ + Cl-

In water a change occurs: H+ + H2O ----> s H3O+

proton hydronium ion
hydrogen ion

Now if the proton was on a basketball, we would have a very small localized charge on any part of the large surface:

basketball phosphate 4.6 A
lithium 1.1 A
proton 10-4 A

(9 inches)

Ir * * *
surface 6.1 x 10-20 surface 1.5 x 10-2 surface .14 surface 3.5 x 105 charge charge charge charge 'on on on on

basketball phosphate lithium proton

The proton, a positive charge, is the smallest chemical ion in existence. It is actually 1/10,000 the size of the hydrogen atom. If a charge is placed on this tiny proton, we have the very intense surface density charge of 3.5 x 10^3, compared to the normal charge density of lithium ion of .14. This intense charge when placed on a tooth immediately goes to the triply negative phosphate and forms HPO4^2-, which is then soluble in water.

 insoluble in water -
 soluble in water
P04 H+ HPO4^2- Ca5(P04)30H POE* * HPO4^2-
The calcium ion follows right along, part of the tooth enamel is dissolved, and the tooth enamel becomes thinner. The nerve senses this, since heat will be lost sooner through a thin wall than a thick one. Which accounts for cold-sensitive teeth.

* moles charge/angstrom^2
page 26

What are some of the acids to watch out for when it comes to dissolving phosphate out of the teeth?
Perhaps the most damaging solid we eat is rhubarb, which contains quite strong oxalic acid. 5
Another fairly strong acid ls phosphoric, which is added to certain fruit juice drinks. Lemon juice, vitamin C and acetic acid (vinegar) are next in line. Carbonated drinks (carbonic acid), 10 though weak, are strong enough to dissolve the enamel off the teeth. Studies with children prove that children who drink soda pop 3 times a day have more caries (decay) than those who drink 1 pop per day". Sipping these drinks slowly over a period of time can be disastrous to teeth. 15
Eating chewable vitamin C is unwise. Inasmuch as both the sugar and the vitamin C (ascorbic acid) will dissolve the teeth. The rate of dissolution of teeth by acids is directly related to the strength of the acid, which in turn is determined by pH. Strengths of several acids are shown below. The smaller the pH, the stronger the acid and more corrosive to the teeth. Hydrochloric is the most corrosive and carbonic the least. Acids, pH of 0.1 M solutions: hydrochloric 1.0 stomach 2.0 uric (in urine) A 2.44 carbonic 3.7 oxalic 1.1 lemon 2.3 ascorbic (vit. C) 2.6 (soda pop) 3.0 phosphoric 1.6 hippuric 2.33 acetic (vinegar) 2.9 (in urine)

How can one avoid the severe erosion of tooth enamel by acids?

The answer as to protecting tooth enamel is simple: limit the time the acid can contact the teeth. Consume a drink rapidly and rinse out the mouth with water ASAP. People who have a high saliva flow in their mouth will have better teeth than those with a low flow, all other things being equal. Since the acid can be more quickly rinsed off the teeth. Those people who make a lot of oxalic acid, as in kidney and gout victims, may have a problem with their teeth, solvable by taking the anti-gout pill called allopurinol, and taking sodium ascorbate. Diabetic persons who have a lot of sugar may also have a special problem with teeth, but this is solvable by replacing sugars with rice, potatoes, beans, peas and other slow acting carbohydrates with lesser potential to chelate. Acids from all sources need to be rinsed off the teeth ASAP.

Why does fluoride sever the gums from the teeth, causing gum pockets and gingivitis?

Dental journals recently recorded that there was a great increase in 1-4 mm gum pockets, that is, places where the gums have severed from the teeth. The pockets become harbingers of bacteria, viruses and other organisms leading to serious infection (gingivitis). Fluoride is known to ruin connective tissue in all parts of the body by breaking the hydrogen bonds. In other words, the protein structure of the gum is compromised by the fluoride from gels, toothpaste, swishes, tablets and even fluoridated drinking water. It is strange that in all the chemical books proposing that fluoride retards decay, nothing is said about its side effects, which are very well known. Causing disconnection of gum tissue from the teeth is only one of 113 serious...
ailments which have long been established for fluoride in drinking water. One such was a
double blind study by 12 physicians establishing 13 side effects in 50 patients". 35
How can vitamin C restore gum tissue destroyed by fluoride?
Scurvy, the serious form of connective tissue disease, is caused by the
lack of vitamin C 40
necessary to convert proline into hydroxyproline, an amino acid essential
to the formation of
connective tissue. Therefore, by taking 4 grams of vitamin C (ascorbic acid); or even
45
page 28
better, sodium or calcium ascorbate daily, this malady can be overcome. o
The National Research Council (NRC), formerly the group which very
carefully set the
standards for vitamin and mineral nutrition, unfortunately is now a captive of government,
FDA, EPA and pharmaceautical company intervention. In recent years NRC has tried to lower the
RDA ot vitamin C from 60 mg to 20 mg, in spite of the huge volume of
evidence by Dr. l.inus
10
Pauling, 2-time Nobel prize winner, and others, that 4,000 mg daily is
necessary for best health. More recently NRC and EPA gave a clean bill of health to 4 ppm
fluoride in drinking water. Since we know from double blind studies that even 1.0 ppm causes
severe allergic sym
toms, there is obviously corruption in both NRC and EPA. Connective
tissue of the teeth, back,
neck, veins, arteries and Achilles tendon is made stronger by vitamin C.
Absence of vitamin C,
on the other hand, leads to trouble in all these areas, including
bleeding gums, back trouble and 20
ruptured leg veins, when the shortage is severe. Vitamin C makes hydroxy
proline for connec-
tive tissue. It also kills all viruses known to man when present in the
right concentration". It
will at 15 grams per day kill tuberculosis bacteria. The Prices found
tuberculosis plagued 25
children in all regions with high tooth decay, showing a metabolic link
between the two. Su-
gars may feed the mycobacteria of tuberculosis. Vitamin C reacts with and
removes fluoride
from the body, acts as a chain stopper for undesirable chemical reactions
and may be a free 30
radical chain initiator for others. It builds the immune system
overnight. Simply stated, fluoride detaches the gum tissue and vitamin C reattaches
it. When infection 35
is present, antibiotics should be used on site, and supplemented with
vitamin C. The
C enhances immunity, while fluoride slows down and destroys the immune cells.

What do we know about "risk factors" of government and chemical industry? The former head of EPA fluoride research, Dr. William Marcus, his former EPA Union head, Dr. Robert Carton, and the present EPA Union head, Dr. Hirzy, made it clear there is no safe level of fluoride in our drinking water. Clear down at 0.1 ppm there are adverse medical and dental effects. Marcus was fired from EPA for trying to expose the dangers of fluoridation. Marcus' attorney forced the EPA to admit they had destroyed employment records illegally in order to manufacture false evidence for his dismissal. Robert Fleich, Secretary of Labor, finally interceded and told EPA to rehire him, pay him back wages and $50,000 punitive damages and to leave him alone. which they did after a prolonged battle. EPA executives, the Surgeon General and President recently allowed the standard for fluoride in drinking water to be elevated from 2.0 to 4.0 ppm. This is the amount which leads to crippling bone disease and ankylosing spondylitis in China. It seems obvious that neither industry nor the government is interested in setting a safe risk factor for this poisonous chemical.

There have been articles in Chemical and Engineering News in 1995 proposing risk factors for 20 chemicals. In my view, this can be nothing but a thinly veiled plot to raise the amount of all toxins allowed in American water, air, soil and food products to a level where the medical profession and public in their ignorance will not notice the side effects for 5 years. This is the time a cancer cure is given to be in evidence after chemo treatment. Since the AMA, EPA, NRC and all medicine and dentistry are unable to "detect" any side effects from fluoride at the present time, we will be subject to a grand chemical feast. This will lead to uncover medical harm, which medicine will falsely relegate to some other cause than the chemicals. A safer method of fluoride disposal is to dump it into volcano sites where it is found in great abundance. Storage is another.

It was my experience in contacting the chief editor of Chemical and Engineering News about
fluoride that he had no interest in safety with regard to fluoride. He became rankled that I would try to provide him with any information on the subject which he might publish in their weekly magazine. His profanity on the phone was abusive. In a word, the chemical industry, which runs Congress and the President is trying to make sure we fit the evolutionary theory of survival of the fittest by feeding us as much as possible of the 30,000 chemicals now out there in the marketplace. Only people with superior genetics, diet and will power will make it through, and no one knows how mutants will appear or act. The most gifted, inspired and mentally competent persons among us may be destroyed from one ailment or another not detected by an incompetent and peer-led medical industry. Fordham reports access to medical services is increasing at the same time American health declines. Fluoridation may be the reason. Industry says: "We'll provide the poison, you take the risk." How can we prevent the practice of government and the chemical industry from feeding us toxic chemicals, especially for the false cause of dentistry? My idol is Paul Fievere. He got on his horse and took off with the message, 'The British are coming, the British are coming!' This type of warning is needed to get us busy passing the word from person to person, until every last American knows about fluoridation. We must talk to each other more. With regard to fluoride, I personally converse in the marketplace, on the street, to my neighbors, loved ones and others as follows: Me: Have you heard of the racketeering going on in Washington with fluoride? Them: No, I haven't. What is it? Me: They're putting fluoride in our drinking water and telling us it will help our teeth. But it doubles decay. Studies on 480,000 children prove that! Them: Really? It does? I didn't know that! Me: Yes, and it kills 61,000 people with cancer annually. Studies on 18 million people prove it! Them: How terrible! What can we do? Me: Tell your friends and loved ones to stay off all fluoride products. I tell 2, 2-4, 4-8 and so on out to the 12th place. That's 8200 people. 80 people doing this daily will cover 40 240 million US citizens in one year. It is quite evident that all the technical studies
squirelled away in libraries is not the answer. We must talk more to keep
our freedom!

Why should we take the RDA of all 20 vitamins and 26 minerals daily?
Vitamin and mineral requirements for the body have been determined through
experimen-
tation on 10’s of thousands of mice, rats, guinea pigs, monkeys and other
species by ceaseless.
tireless and careful scientists. From this work, earlier and more
reliable NRC personnel set
reasonable RDA's based on research on critical health problems. Animals
were deprived of
the particular vitamin or mineral to see what side effect would occur,
and at what level. This
was then related to human need. We know, therefore, the RDA of these
vitamins and minerals
necessary for best health, or in some cases, survival. RDA pills are
cheap, non-toxic and natu-
ral to the body and almost guarantee we have suitable enzyme
construction. For example, they
assure us we will have adenosine diphosphatase for tooth repair.
It is foolish not to take a one-a-day vitamin pill. Some professional
nutritionists
try to convince people they can get adequate nutrients by eating right,
which to them means
gauging carbohydrates, fats, fruits, protein and bulk in their meals.
This is a foolhardy
approach. It would be an absolutely mind-boggling, unhappy experience to
shop for groceries
only for the totality of good nutrition. Taking a one-a-day and a few
other supplements such
as 4,000 mg C, 1000 mg E, 1000 mg Ca and 10 grams of lecithin powder
cannot harm one and
will definitely make shopping a happier experience. One can consume at
least 10x the RDA of
any vitamin or mineral without any side effects. No one has ever died
from taking an overload of
vitamins, whereas many have died because of shortages. The body knows how
to process these
natural items. Each person has a different enzyme load and taking a 6-
cent vitamin pill may
cover a higher requirement one needs in some area.
Establishing a habit of taking an RDA, vitamin C and Ca is not easy, but
all good habits
require planning and action. Missing a day or two is not going to hurt,
but a consistent daily
pattern is going to reward one with better teeth and better health.

Why do I use bar soap for brushing and find it to be superior to
toothpaste? 0
This may be the hardest advice of all to take because it is mixed up with a faddist tradition that young children can have bad words washed out of their mouth permanently with soap. Bar 5 soap, contrary to this stupid tradition, is not bad tasting when used in a small amount to brush the teeth. The soap is very pure and natural, since it is made from fat and sodium hydroxide. It is an excellent detergent, mixing insoluble oils on the tongue, inner cheek and teeth with the water and rinsing it away. Many germs are killed by its wetting ability. It is one component of toothpaste. Soap is used on Phoenix College and Aquaculture (Tempe) vegetation to kill insects by the same mechanism, that is, wetting their surface. Teeth which are cleaned and rinsed by bar soap are far cleaner than those cleaned with toothpaste which includes sugar, acid, chalk, silicates (sand), soap, fluoride, methyl benzoate (for a cool mouth), dyes, stabilizers, mixing agents and other contaminating chemicals. These badly contaminate the teeth and prevent good enamelandization. The soap-cleaned crystal will enamelize better and build more perfectly. It is a given in making crystals in the laboratory that the solution they are made from must be free of all undesirable impurities, to get the beautiful perfect facets. In a word, bar soap is excellent, free of impurities, cheap, and superior as a toothbrushing agent. In brushing or tooth-picking, one should take care to dig out food left trapped by the gum and to remove pieces which act as bacterial growth media. This will create gum infection.

One should not use liquid soaps, inasmuch as these synthetics are said to create hermaphrodites (species with both reproductive organs) from alligators subjected thereto in the swamps.

What 110 word prescription can I follow to facilitate acquiring perfect teeth? Here it is: You can keep your teeth and gums in good condition your entire life if you daily implement the following simple rules: 45

1. Take 1000 mg calcium with vitamin D. Supplement with milk, cheese, nuts, eggs.
2. Take 1/6 tsp of monosodium phosphate (800-344-2047) in 1" H2O. Supplement w root crops.
3. Rinse sugar and soda pop off teeth as soon as possible (tart acids destroy enamel rapidly).
4. Avoid all fluoride products. Avoid current toothpastes. They contain acid, sugar, fluoride,
chalk. silica. methyl benzoate, red & blue dyes, soap. mixing agents, and glycerol.
5. Take 4,000 mg vitamin C. Add 1 tsp C and 1/2 tsp baking soda to 1 inch water, let tizz, dilute. 10
6. Take the RDA (required daily allowance) of all vitamins and minerals. 1
7. Brush teeth with bar soap only, digging out all trapped food with a sharpened toothpick.
8. Be careful crunching hard material such as com kemels and ice. Teeth will break. 15
9. Take antibiotics (3 days). vitamin C and peroxide (1/5 tsp 35% in 1 cup water) for infection.
10. Think about the problem and consult on an individual basis. Your history and need is unique! 20
A 11. Study and avoid the unsolved contributors which may harm tooth enamel, such as fluoride.
Prologue: Are there any things we have overlooked?
4 _ 25
_ We 'believe we have not overlooked anything which will impact the teeth and cause them to be seriously compromised. Nevertheless,.there is no such thing as not being able to improve on-dental upkeep, so we suggest the following questions, which need answers: 30
1. What about saliva or mouth fluids? Does saliva have material in it which hastens enamel erosion? We do not know. Dietary metabolites flood the kidneys and to a smaller extent the body. Perhaps there are some whichchelate teeth or dissolve teeth more than sugars and acids we have enumerated. One of these was found to be oxalic acid produced in the urine. Two others are uric acid and hippuric acid in urine. Urea is another compound found in large amount 4, 40
in the urine. These by-products may be build up significantly in blood and body fluids.
2. What if you are an immune-deficient person? Are you doomed to a life of tooth infection at the roots, unless the teeth are removed? How can immunity be built up after taking the RDA of 45
page 34
all nutrients as well as supplemental doses of vitamins C, E and Ca? 0
3. If I am poor, shouldyl forego bread for RDA pills and lecithin until I'm financially better off?
4. What about plastic coatings? Can l do better with these? What is the cost? How long do they 5 last? Can I apply them myself?
5. How can the exorbitant fees of dentists come down so I can afford the dental work I need and to not have to pull all my teeth?
6. What do I do if I get a tooth knocked out? Now it is safe to get a new tooth bolted to the bone.
7. Can I live without teeth, even false ones? If I have the simple answers to obtaining good teeth, why must I think about it?
1. Since the time of Adam, no one has come up with a plan which has to do with the chemistry of good teeth and their perfect maintenance. You now have the pattern in your hand and the miracle will be if you can implement it properly.
2. Here are given reasons after lots of study. You can see that after 50 years of fluoridation, the biggest scientific failure in history has occurred due to the fraudulent system and the news media which supports it. It is a fact that college professors and scientists have written many chemistry books that support the fluoride myth. It is time for them to delete their errors.
3. Each and every person is a unique genetic entity with different amounts of enzymes, different types of illnesses, different host viruses, bacteria, parasitain and fungal marauders. As a good immune system specifies a good set of enzymes which in turn suggests a good intake of essential vitamins and minerals. Habit pattern establishment is not an easy matter, even in the most simple things. A spiritual power is necessary to manage one’s own creature, and the more spiritual a person is, the better the management. But do not give up. A good set of teeth at age 20, 40, 60, 80 or even 100 is like a gift from heaven.

Is there a list of chemicals and their relative toxicitities so that I can tell what the relative poisoning ability of fluoride and other chemicals is to enamel, gum tissue, nerve tissue, muscle tissue, blood-vessel and immune cell-forming enzymes?

Our enzyme systems run all the various marvelous chemical reactions of our bodies, including those that result in teeth formation and re-enamelization. Although fluoride is specific in destroying enzymes by breaking secondary hydrogen bonding of the protein structures, there are undoubtedly other complicated mechanisms which result in enzyme destruction by other chemicals. Perhaps the lethality of chemicals will give clues as to the mechanism and especially the dangerousness of such chemicals. Therefore, a list was assembled from the literature of
chemicals and their LD50 (lethal dose mg/kg to kill 50% of a particular animal species).
This compilation on pages 57 and 58 of this report lists the lethality of 253 chemicals, including the most poisonous chemical, botulinum (.0000003 mg/kg), through the least toxic, glucose (35,000 mg/kg).

Does strontium, the cousin of calcium lower decay? Dr. George Waldbott (ref 9, p 191-0) brought together data from several cities which points out the fact that strontium at 500 ppm, is an element which cuts decay in half and which we may profit by having in our food and water; it is isomorphous and may avoid brittleness:

Sr in water, ppm DMF Sr in water, ppm DMF'
2 0 .8.1 5 00 3 .2
3 0 7.1 sooo 2.8 35
100 7.2 _ 2000 2.4

The biphosphate crystal is less soluble than that of calcium (i vs .02) and the fluoride is more soluble than that of calcium (.012 vs .0016), thus maintaining the enamel (Lange HB 1946).

Magnesium, molybdenum vanadium and zinc are said (Waldbott ref 37947) to retard decay, but may be objectionable because of color staining and embrittlement. 'Decayed, missing and filled teeth 45

Comments and References
   1-602-412-3955. A 1
   5
2. Gerard F. Judd, PhD. Environmental Agency solicited reports, v-1, Mar 31, 1990, 55 pp;
3. Dr. Judd graduated with honors and a BA from the Univ of Utah, an MS from Univ of Portland (OR) and PhD from Purdue. He did post doctoral research and published on fluoroorganic compounds at Purdue. He also studied fluoride on the Manhattan atomic energy project where he learned fluoride was a severe nerve poison. He has learned after 6 years of intense study 15 (1990-1996) that .35 tooth loss per year due to decay is caused by fluoridation in the US and another 0.35 tooth loss per year is due to sugar and acid dissolution of the teeth while
individuals are deprived of calcium and phosphate in the diet.

4. My brother and I suffered no decay during our 17 years at home primarily as a result of a diet with plenty of milk, green vegetables (both have calcium and phosphate, the constituents of 20 teeth), very little sugar and soda pop. My mother drew inspiration on how to care for our teeth out of her own hard experiences.

5. Myron Allukian, DDS, MPH (Boston Health Dept), J of Pub Hlth Dent, Nov. 1993, p. 45 reports: 43% of all Americans over 65 have no natural teeth; 44-year-olds have an average of 25 30 decayed surfaces; 17-year-olds have an average of 11 decayed surfaces. Blacks and poverty populations have 2x and American Indians (who have been 100% fluoridated 50 years) have 4x this decay.

6. Root canal-crown work (less than an hour) costs $800-$1200, 10 times what it is worth. My mechanic charges $15 per hour, shop overhead is $35 per hour and car parts which are far more complicated than tooth fillings average around $50. for a total of $100.

7. A clear display of the price of every dental procedure should be in every office. South Carolina requires this of physicians. It is the American way. Dentistry and medicine are anti-free enterprise because of Union price fixing. People need to know prices up front.

8. Dr. George L. Waldbott's- book (see ref 9) lays out clearly these multiple allergies to fluoride. The physician I went to was ignorant of fluoride allergies and wanted to run an exploratory operation on my brain, which I refused.

9. George L. Waldbott, M.D. et al. "Fluoridation the Great Dilemma" @ 1978, Coronado Press, 40 Box 3232, Lawrence, Kansas 66044. Contact Dr. Albert W. Burgstahler, PhD. V 1-913-843-8677.

10. Headaches and disorientation, both symptoms of water fluoridation, are caused by fluoride 0 breaking the hydrogen bonds in cytochrome oxidase and phosphorus bonds in cholinesterases, thus affecting oxygen supply and muscle relaxation. Fluoride is the smallest negative ion in the* periodic table, giving it the highest negative surface charge, which explains how it breaks the hydrogen bonds. (See refs 9 and 11).


12. L.E. Block, DDS, MPH, Univ of Minnesota Health Services. J of Pub Hlth Dent, v 46, No 4,
Fall 1986, pp 188-198 declares that out of 16 court cases against fluoride remanded to the 10 supreme court, not one was accepted. 19 cases in the lower courts were lost based mostly on the doctrine of city omniscience. stating the city has the police power to put whatever it wishes in city drinking water no matter whether it is harmful or not. One case against fluoridation was clearly won in the Pittsburg court by plaintiffs asking relief from fluoridation on the basis of proof by Dean Burk of the National Cancer Institute that 25,000 or more cases of cancer annually were caused by fluoridation. Judge Flaherty commanded the city to remove fluoride from the water. Instead, the city remanded it to the District Court where plaintiffs were unable to afford further legal fees. At least 1 case (Madison Supreme Court) was thwarted by an administrative trick comprised of manufacturing a late application date after Memorial day. It is obvious that when it comes to fluoridation the courts are as crooked as a dog's hind leg.

13. W.R.Cox, 'Hello Test Animals--Chinchlllas or You and Your Grandchldren', @1953 Lee Foundation, Olson Publ Co. Milwaukee, WI pp 150-151. Mr. Cox, who proved fluoride was creating small litters and small rabbits and gross death among his chinchillas presents the entire language of the Nuremberg rules on human experimentation applied against Hitler's main officers and personnel (see p 43). A copy of the book is in the possession of Dr. Gerard F. Judd, PhD. 1-602-412-3955. 25


15. Isabel Jansen, RN and inventor of the Jansen x-ray pen wrote 'Fluoridation' @ 1990, Tri 30 State Press. Long Creek, S. Carolina, 29658. Jansen was the first to research 13,000 Antigo, WI death records and find fluoridation of their drinking water increased the average heart deaths 119% during a 9 year period (1970-1979) and 176% for those over age 65. 1-715-627-7079.


18. Reader's Digest, Feb 1943. Dr. Heard, DDS, mistakenly linked low decay in Hereford, TX 40
with 'black teeth". He admitted before he died he wished he had not done
so, and that he had
never seen anyone with good teeth but what he or she had drunk lots of
milk.
Report No 2, P 244.
(See p 52 this report for curve of ppm F vs decay). ' . 45
page 38
1
20. Cornelius Steelnck, PhD, Univ. of AZ Chem Dept, Illustration by
Varner Steelinck. Chem. 0
F. Judd. EPA v. 2,
Feb 1994, p 214. See L45 this report for curve of ppm F vs decay.
study with 400,000 5
children). See_p__-l_6 this report for curve of ppm F vs decay.
Judd. EPA v 2, pp
198-212. See Qp_41_andA_B, for data and p_5_9_ for curve showing ppm
fluoride versus increase
in decay for average and high decay US. cities in the study of 39,207
school children. 10
(1990). See pp 5_Q for
data and p_5_1 for curves showing DMFT decline vs years in various
countries In the world
compared to the U.S.
Action Press, 6439 15
Taggart Rd, Delaware OH, p. 108 (data showing a Boston reduction in decay
over 20 years of
50%).
25. The value S1200 was calculated using $80 per tooth times 15 teeth,
which is the average
number of decays during 50 years due to fluoride. 20
26. Public Law 755, June 24, 1948 was signed into law by Harry S. Truman.
Obtained
27. Public Law 12608, Sept 9, 1987, signed into law by Ronald Reagan. 1
25
28. Our long association with the mainstream news media including all
national and local
newspapers, radio and television show them to be 100% against discussing
fluoride except to
say 'fluoride is going to be put in your water." The disinformation
program and cover-up
agencies include AMA, ADA, EPA, NRC, NIDR, NTS, HRSA, HHH, AmDiA, US
President, Surgeon
General, Consumers Union, all state dental societies, all state medical
societies, Chem and Eng 30
News, USA Today, all US Senators, all US representatives, and all
governors. This is a little
weird considering fluoride is a nerve poison which has killed several children in the dentists' chairs, kidney patients on unfiltered fluoridated water, and one on water overfed with fluoride.

32. Dean Burk, PhD (chemist), testifying before Congress, Fluoridation News v 26, no 1, January-March 1980. In 1980 he said the adjusted cancer deaths were 40,000 per year, 1/10 of the total cancer mortality. 'He stated his data was fully corrected for age, sex and race.

33. Federal Register, v 58, No 248, Wed. Dec 29. 1993, p 68826, 401 M SW Wash DC 20460. Ken Bailey 1-202-260-7571. Large numbers of citizens funneled a huge amount of information to EPA. No comment was made by EPA on any of this counter-fluoridation data. Instead, they contracted with the NRC (National Research Council) through puppet University Professors to fake the problem to their desire, which was to continue fluoridation beyond 2000 AD. My calls to Ken Bailey at EPA confirms my declaration.
34. Gerard F. Judd, PhD (chemist), v 2, EPA. PP 11-26 (Feb 19,1994). My self-published text, 'Chemistry for the Layman", now undergoing extensive revision, has been used for the course 'Chemistry and Society' since 1970.
35. A 17-page vita of Gerard F. Judd is given in G.F. Judd, EPA v 2, p 2, Feb 19,1994 and a list of 13 of important fluoride books Dr. Judd has studied are on pp 11-26.
36. This method of analysis has been developed so that in a few minutes fluoride samples can be analyzed having as little as .005 ppm fluoride and as much as 13,000 ppm. The accuracy varies from 1-5% and the time of analysis from 15 seconds (13,000) to 5 minutes (0.007).
This method has been highly successful in the laboratory for second semester general chemistry students at Phoenix College (see p 52 this report for procedure)
39. Dr. Alben Schatz was honored at Rutgers University in 1994 for his major part in winning the Nobel Prize for difficult research leading to the first cure for tuberculosis. Dr. Schatz also stopped fluoridation of Curico, Chile by the Kellogg Corporation by proving it was a failure in helping teeth, meanwhile causing a 104% increase in infant deaths and 244% increase in congenital malformations over the non-fluoridated San Fernando. Albert Schatz, PhD (chemistry), Special Issue on Fluoridation, J of Arts, Sci and Hum, v 2, No 1, Jan 1976. The American Dental Association rejected the papers of Dr. Schatz by mailing them back unopened 3 times without comment, proving the ADA is irresponsible and corrupt.


Carbonate ion, magnesium ion and fluoride ion change the critical growth of the c-axis of octacalcium phosphate, causing flake-like rather than ribbon-like crystals.


43. The enzymes are listed on g_agg_5_3 along with references, reduction, increase or static state with fluoride and in several cases, the amount of fluoride necessary to have the effect. For example, cholinesterase is compromised at .0095 ppm and calcium adenosine diphosphatase at 0.0037 ppm of fluoride.

44. S. Kortel Ainen and Markku Larmas, Scand J Dent Res 1994, 102:30-3. This article proves (1) fluoride lowers apposition of enamel and (2) young rats have 10x the enamel apposition (deposition of layers) as adult rats.

45. Christopher Clark, BS, DDS, MPH, ABDPH, Can Dent J 272-8 (1993). 21 studies are
given here. Fluoridated areas (12) average 41% fluorosis. Non-fluoridated areas (1) average 25% fluorosis.

47. Benjamin Harrow, Textbook of Biochemistry, @1943, W.B. Saunders Co., p 407.
48. AJ. Ismael et al, JADA ma, 1984, pp 241-244. _ 15
49
Christina
Describe- cytochrome oxidase secondary bond breaking by fluoride. S.L. Edwards et al, J.B.C.
51. List of 113 ailments from fluoride, taken from data in EPA vs 1-4 and other information cited therein. 1-602-412-3955. (See p 54).
54. Irwin Stone, The Healing Factor, Vitamin C Against Disease, pp 439, 83. @1972. Grossett and Dunlap, NY in cooperation with Whitehall, Hadlyme and Smith Inc. (Describes electrifying experiment of curing 516 TB terminal patients with 15 g of vitamin C per day.) Kills all
viruses known to man.

45
page 41
25
35
1 1 I 1

55. lrwln Stone, lbid, p 49; personal communication from Linus Pauling at Phoenix College
address. (The immune system is built up overnight with vitamin C).
56. Sheila L.M. Gibson, M.D., BSc. MF Hom, Fsearcb Physician. Glasgow Homeopathic
Hospital, Glasgow. Scotland, G12ONFl. 0114441-339-0382. Also Gerard F.
Judd, EPA vol 2,
pp 194-196. (Demonstrates Inhibition of leukocyte migration at fluoride concentrations of
0.5 ppm.) 1-602-412-3955. .
Marcus May, 1992 by
EPA due to his revelations on fluoride toxicity to humans. It tells of
his belated reinstatement
with court costs, $50,000 penalty recovery by the court and Robert C.
Reich, Secretary of
Labor demand he be reinstated, but only after a protracted 3 year battle
and severe economic
conditions on Marcus. The court case proved EPA destroyed Marcus' vital
employment records
in their attempt to hide fluoride harm from the public by firing him.
This is another case of
serious governmental corruption. 1-602-412-3955.
58. Environmental Health Perspectives. pp 127-244, Feb 1994, NIH
Publication 93-218,
HHS, PO Box 122233, Research Triangle Park, NC 27709, USA 919-541-5377.
(Picture of
man with ankylosing spondylitis (severely bowed back) like most of the
villagers in a China
province who were drinking water at 4 ppm fluoride)(p_5_3_\.
59. Gerard F. Judd, list of all vitamins and minerals now considered
necessary in nutrition
with amounts required and effects in the diet. 1-602-412-3955.
(S_e_e_p__5_6,).
page 42

The Nuremberg Rules (rules to sentence l-litler's collaborators to death)
0

Requirements for Human Experimentation
1. The voluntary consent of the human subject is absolutely essential.
This means that the person
involved should have legal capacity to consent; should be so situated as
to be able to exercise free
power of choice, without the Intervention of any element of force, fraud,
deceit, duress, overreaching 5
or other ulterior form of constraint or coercion; and should have
sufficient knowledge and
comprehension of the elements of the subject matter involved as to enable
him to make an
understanding and enlightened decision. This latter element requires that before the acceptance of an affirmative decision by the experimental subject there should be made known to him the nature, duration, and purpose of the experiment; the method and means by which it is to be conducted; all 10 inconveniences and hazards reasonable to be expected; and the effects upon his health or person which may possibly come from his participation in the experiment. The duty and responsibility for ascertaining the quality of the consent rests upon each individual who initiates, directs, or engages in the experiment. It is a personal duty and responsibility which may not be delegated to another with impunity. 15

2. The experiment should be such as to yield fruitful results for the good of society, unprocurable by other methods or means of study, and not random and unnecessary in nature.

3. The experiment should be so designed and based on the results of animal experimentation and a knowledge of the natural history of the disease or other problem under study that the anticipated 20 results will justify the performance of the experiment.

4. The experiment should be so conducted as to avoid all unnecessary physical and mental suffering and injury.

5. No experiment should be conducted where there is a prior reason to believe that death or disabling 25 injury will occur; except, perhaps, in those experiments where the experimental physicians also serve as subjects.

6. The degree of risk to be taken should never exceed that determined by the humanitarian importance of the problem to be solved by the experiment. - 30

7. Proper preparations should be made and adequate facilities provided to protect the experimental subject against even remote possibilities of injury, disability, or death.

8. The experiment should be conducted only by scientifically qualified persons. The highest degree of skill and care should be required through all stages of the experiment of those who conduct or engage in the experiment. 35

9. During the course of the experiment the human subject should be at liberty to bring the experiment to an end if he has reached the physical or mental state where continuation of the experiment seems to him to be impossible.

10. During the course of the experiment the scientists in charge must be prepared to terminate the 40 experiment at any stage, if he has probable cause to believe, in the exercise of good faith, superior
skill, and careful judgment required of him that a continuation of the experiment is likely to result in injury, disability, or death to the experimental subject.

Book: Hello, Test Animals...Chinchillas or you and your Grandchildren by W.R. Cox, 1953, Printed by the Olsen Publishing Co., Milwaukee, Wis. . 45
Copyright, 1953, Lee Foundation for Nutritional Research, Milwaukee, WIs. pages 150-15113

Page 43
90
80
,S 70
Children 60
with decay so
40
30
20
10
Curves showing more fluoride, more decay
Increase in decay (average, 4 studies) = 22%, 1 ppm F increase
Ages studied 5-17 (median age-13) (8 years to median)
11%8 yrs 22%/16 yrs 100%/73 yrs
Study of Japanese Nation, 22,000 school Children, 1972
2 Children with Decay VSIDTU Fluoride S89p38.1Bf19
1.
- Decay in Children with 1ppm
0 5 10 2.0 3.0
Judd report, volume 2:
0.0 ppm 90
0.1 ppm 70
0.2 ppm 52
0.3 ppm 38
0.4 ppm 41
0.5 ppm 42
0.6 ppm 43
1.0 ppm 44
1.5 ppm 46
2.0 ppm 48
2.5 ppm 54
3.0 ppm 55
The increasing decay with lessening amounts of fluoride between 0.3 Bhd 0.0 is felt due to diminishing calcium in the same water. The rather nlgn rate of decay of the Japanese children compared to Tucson children could be for the same reason, le lowered calcium ln
the diet. 
Calcium and fluoride would both 
increase between 0.3 and 3.0. the 
calcium would tend to lower decay 
the f"U0!'1Ge 1f1C1"E358S it. 
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5 
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15 
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page 44 
16 
Chl!- 
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90L 
Curve showing more fluoride, more decay 0 
Increase in decay (average, 4 studies) I- 22%. 1 ppm F lnoreese 
Ages studied 5-17 (median age 13)(8 years to medhn) 
11%/BYU 2211/lsyrs 100%/rays swpamzo 5 
Study or Tucson Elemehlafy Chlldfeh, 1992 
- 2 Children wltn Decay vs Dom Fluoride 10 
L 29,000 students 
15 
20 
D"Yl\9NllOWl!h1 ppmfluodde lnoreeee =43% 
- 25 
0 -5 1.0 2.0 3.0 
_ DDITI F"U0l"idE 30 
Steellnok study, 1992, p 214 
Judd report. volume 2 
35 
0.0 ppm 6.0 
0.2 ppm 1 1 
0.3 ppm 1 5 
0.4 ppm 2 3 
0.5 ppm 2 6 
0.6 ppm 3 0 40 
0.7 ppm 33 
0.8 ppm 3 7 
0.9 ppm 4 0 
1.0 Dpm 4 3 
45 
page 45 
Curve showlng more fluoride, more decay o 
"C""1 in UCUIY (lvomge. 4 SIUUHS) _ 22%, f 
Ages studied 5-17 (median ago 13)(8 yoor: Zapzoignrsruse
11%/8 vw 22%/16 yn 100%/73 yr; 5
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so _ X Children with Decay vs ppm Fluoride
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chu- 70 seep39.rBf21
nn as
pm; 60 -'
dooay
.50 -'
40 " 2"
30 .. Decay iner au wth 1 ppm fluorldo lncreno = 27%
20 as
10 -A
0
0 -5 1.0 2.0 3.0 30
ppm F luoricle
as
study with 0.4 mlllion chlldrln).
40
0.7 ppm fluoride, 33.0% caries (15 year olds)
2.as ppm fluoride. 12.6% caries (15 year olds)
45
page 46
FLUOHIDATED VS NON-FLUOFIIDATED CITIES
% STUDENTS WITH DECAY S* '39-M22 l"S**"**Y*
(NIDR Study, 1988) Fteerringed by State by Gerard F. Judd, Ph. D., Aprll
12. 1995)
1. FAL.lnr:e11 68.1 32.F MDPrln01Georg8 52.0 62.NFPAShemcltln 67.8
2. F AL Tteeoloool 68.0 83. NF MD Alleghlfly 61.7 63.* F PA Phlledelphll
74.0
64. F PA Phillllpeburg 66.8
3. NF GA Cullrl10rcel 80.8 34. F Ml Deerbom 73.7 65. F PA Plttebum 65.9
4. NFCA Chowlhllle 67.0 35. F Ml Bullock0reek 63.3 10
5. NFCA LA 67.8 36. PF Ml Lakeshores 67.4 66. PF SD BIUUIIQ 72.2
6.FCASF 63.8 37.FMlGreenvllle 74.7
7. NFCA Lodl 67.0 36. PF M l-1enrPentweler 75.9 67..PF TN Knoxville 66.7
6. NFCA Contejo 58.3 39. F Ml Bruwnclty 77.5 68. PF TN Memphle 66.9
9. FOOCherryCreek63.540.FlIIlBerridgl 70.7 69.FlTNMeryvele 77.11
10. NF00 Canon Olly 66.9
41. PF M0 Holcomb 59.7 70. F TX BPao 56.5
11. NFCT Brooklyn 52.4 42. F M0 StLoule 60.9 71. PFTX Houston 58.2
12. PFCT Plnnvll1lerczshn 60.7 72. F TX Andrews 64.2
43. PFMSMe.dleonCo 73.6 73.NFTXcoldSprln9e 66.2
13.NFFl Martinco 59.0 74. F TX Fortstocolrtn 66.6 20
14. NF FL Palm Beech 65.5 44. PF NE Blue l-1ll11r74) _ 70.4 75. NFTXSen
Antnclc 60.7
15.PFFL Merlonco 71.2 45.PFNEgnndle1(srn 59.3 76. PFTXAllens 61.3
rc. NF NE unoolnrs) ea.s 77. Pr='rnx nnrorgsur 71.3
16. NF I-ll (l-lewllSla.te) 76.6
47. NF NJ E0ren9e 62.0 78. NF UTTOoel8 75.7
17.F 11. Beer:hPark 64.8 46. NF NJ Lakewood 62.0 25
18. F IL Alton 62.4 49. NF NJ Newark 64.1 79. F VA Richmond 54.4
19. F IN Clarksville 59.6 50. F NY NY-2 65.1 80. PF VTSpringHeldr75) 87.9
CITIES WITH HIGH TOOTH DECAY AND CIT! WITH LOW TOOTH DECAY

EFFECT OF FLUORIDATION ON BOTH s"m39 M22 (MDR study)
(%Decaywherehooculnppennamenmtteethol18-17yearoldedurlng11yeare)
(High decay cttlee: 8F:75.2; 8 Non-F: 71.0; Low decay cttlee: 8F:57.3; 8 Non-F: 58.8)

21 TOP DECAY CITIES 1 OF TCP DECAY F-CITIES I, OF TOP DECAY NON-F CITIES
%deeyloregeee8-17 %deooytorqee8-17 %deoeyloragee8-17
PFCAConoordla 87.8 PFCAConoordle 87.8 NFCACutler/Orool 80.8
NFCAG1118flol'0011.8 Fmnuvym 77.1 NFHI me 'U
F 1'N Ihryvole 77.1 F PAPhllodeblle74.0 NF UT Tooele 75.7
NF HI 78.8 PF Vt 8q:::Unlon 73.8 NF PA Crawford 71.8
NFUTTooee 75.7 F Mbearborn 73.7 NFNYMllbrook 87.8
F PA Phledobhle 74.0 PF MSMedhonCo 73.8 NF CA Lodl 87.0
' PFVT 8tp.Unlon 73.8 NF PAConbrh 72.8 NF CA ChowoHille 87.0
FMlDeerbom 73.7 PFLANnrOrleone72.8 NFTXColdeprlng8 88.2
PFMSMedleonCo 73.8 PF H. AhrlonC0_.Z1.2 NFCOCenonCtly 88.8
PFPCACorri:rlle 72.8
PFLA NewOrleanes 72.8 F+PF Avenger 75.2 NFAvera9o. 71.0
NFPA Crawford 71.8
FPHL MarlOnCo 71.2 Fromlbvooneeondudeel.0ppmlturdotlonInorleaeedooay
F ML Berrldgo 70.7 8.34%lnnhlghdecly8-Wegopopletlon. ACF* end
F Wl Mllwultee 70.1 PO43- dolofenoy In theee dlete expelne the high
decay.
F AL Tueoeloooe 88.0
PF VTSprrlq11e1d 87.8 [OF LOW DECAY.FCITIES [OF LOW DECAY NON-F CITIES
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NF CAllodl 87.0
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<th>Average F Decay</th>
<th>State</th>
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<th>Average F Decay</th>
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<td>NF</td>
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<td>NF</td>
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<td>TX</td>
<td>52.4</td>
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<td>Brooklyn</td>
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<td>NF</td>
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<td>NF</td>
<td>VA Richmond</td>
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<td>NF</td>
<td>KS Buhler</td>
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<td>NF</td>
<td>CA Conejo</td>
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<td>OR Cloverdale</td>
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From above, one might wonder whether the data show a relationship between fluoride and decay. The data indicate that fluoride levels are highest in states where decay rates are lowest. This is consistent with the idea that fluoride reduces the rate of tooth decay. However, the relationship is not perfect, and there are many factors that can influence tooth decay, such as diet, oral hygiene, and genetic predisposition. Further research is needed to understand the role of fluoride in reducing tooth decay.
Fluoride levels for non-fluoridated (0.4 ppm) and fluoridated (1.0 ppm) communities.

*Assumes average non-fluoridated community has 0.4 ppm fluoride. The US study (NIDR) did not report ppm F in the water of the 84 cities studied. Furthermore, highly fluoridated poverty populations such as Washington, DC. where one would expect large decay rates, were not reported. Neither were the 100% fluoridated Amerinn Indians with their 45x higher decay rate. It is all the more remarkable, therefore, that a 5.4% increase in students with decay observed when adding 1 ppm fluoride to the water supply. Nine fluoridated cities with high decay had 10% more decay than 9 equivalent non-fluoridated cities.

**Adjusted DMFI Indices of 12 Year Old Children by 4 Year Periods**

<table>
<thead>
<tr>
<th>Country</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-8</th>
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</thead>
<tbody>
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<td>Netherlands</td>
<td>7.1</td>
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<td>Switzerland</td>
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*H. Kalsbeek and GHW Verrips, JDFI 69 (SS), p 729 (1990)*

Year Periods'
Determination of Fluoride with Lanthanum Fluoride Electrode

Procedure: The lanthanum fluoride electrode and mercury cell electrodes are immersed in 2.5 mL of unknown mixed with 2.5 mL of aluminum complexing agent FAD2 in a 20 mL beaker. A reading is taken when the drift of the voltmeter is less than .1 millivolt per 3 seconds.

Stirring of the solution, wiping the electrode or washing with water between runs causes undesirable drift in the electrode. Simply wash the electrode with the solution to be determined.
Brushing the electrode with toothpaste as is done in some analytical laboratories was found to be useless in regeneration or stabilization of the electrode. In fact it did more harm than good in the experimentation we carried out.

The dry electrode must always be given a chance to equilibrate and become steady at the concentration range desired. There will always be some drift between runs, and even more when changing to a widely different concentration such as changing from .05 to 1 ppm.

Two standard solutions within 0.1 ppm on either side of the concentration run are than measured in the same manner. A simple linear plot is then made of the standard concentrations vs voltage and the unknown approximated from the curve. Accuracy will be ±1-5% depending on the concentration. Drift is greater at very low concentrations and reduces accuracy. Values have been run within 5% down to .007 ppm.

For greater mathematical accuracy, since the plot of concentration vs voltage is not linear, greater precision will be had by calculating the unknown concentration from the two standards using the equation
dC/C = -kDE or log C = -kE or integrating, log C2/C1 = -(Eg-E1).

The electrodes should always be put away dry and protected with a plastic membrane over the epoxy-encased lanthanum fluoride. The electrode should not be left immersed in solution for any time except that necessary for the measurements. This will insure its stability and longevity.

1. The electrode is produced by Coming and is a crystal of lanthanum fluoride encased in epoxy.
2. The FAD is a mixture of glacial acetic acid, sodium chloride and sodium hydroxide containing the aluminum chelating agent CDTA. The number is Coming 478172.
3. The standards are made up from pure, dried sodium fluoride and stored in rigid polyethylene or some other plastic bottles. Glass will not do, since fluoride attacks the silica.

Gerard F. Judd 3-8-96

1. Acetate dehydrogenase' F 48-1. d 23% .1.
2. Acetate producer en-
zyme, Wk. d 1.9.
3. Add gtyearophoephate
Wk34\d .114.
4. Add drenyl phosphatase,
.F 38-1, d .5.
5. Add pheepharaae, JF 48-
2, d-15-100; CA 42-1. d .01
5. Adeneelnemonophoa-
.pl!! JF 52-1 I
CA N-4 nc 19.
7. Adenoatnemonophoa-
phaie amino hydrolaae
.JF 50-5 I 5. d 50.
8. Adenoelnedlphoapha-
tae. No reference yer.
9. Adenosine trtphoaphatnee
Ile* ldv): JF 4a-2
I 15-100: 38-2 d,
52-1 d.Wkd .19.
10. Adenylah cydaee. JF 50-
2. 50-2.52-1.2 dee CA 12-
5 d. 296 d. 32-1 d.
11. Alanine aminotransferase.
.O-I0naeCA12-5.d.
.cilD11'1C.wk
d 19.
.cyiodrrome peren-
Idaee..N\1SdFeh
198420.
28. Deoxynudeleadd-
neeCA13-2I.
27. Enolleo. CA 8-2 doo
38:Wkd 19.
28. Erythrocyte Inor-
9l'*9IYYf0Ph01\#l'
raae. W 150 d .39.
29. Ferrooxidae. CA
Z-2 d ml.
. Fructoe-1,6-phov
phaliii JF 52-1d .
31 . Glucose-8-phem
phataee JF 52-1 I ;
CA 41-5 d .
Glue-6-phoap. dehy-
dogenaae. JF 9-4 d ,
12-41:52-1d;CA
4-1 I , 41-5 d .
Gluooeylrранаferае.
CA 40-2 I 
7GSTEnzymeед 1.0.
Jaodtrame dehydfv-
genеее. .F 124 d ,
Wkd .019.
1-Iepade eereerae
JF-4d 13:WIr
d .011.
Human aalrvary phoe-
phataae. Wk d 3.8.
Iaodtnc dehydrogen-
eae. W 151 I .
I.aelIe add dehydro-
genenee. Wkd 19.
Laedc dehydrogenase.
JF 48-2 deb: CA 41-5
I 380;4-1 d 203
d 30.
LDH Iyaoenzyme. .IF
35-2:CA 41-6 380.
sa. upozyme. CA 41-6
d380.
Llpaae (liver esteraee)
OA 40-5 d .0011 W150
d .011.
Lyalne pepaam. JF 46-2.
Magnesium Ion (efect
55. 5-Phosphogluconaie
dehydrogenase. JF 5
52-1 I .
Phoephollpaee-c.
'CA 10-1.
67. terr-
atee. M1 d .19. 10
Phoephoprotein-
phosphatase CA 35-5
d 4.7.
69. PHOOPHYIDIYI phoe-
70.
phetaae. CA 11-2. ua.
Phoaphytoaylpre-
amprmpr\mucA15
71.
72.
73.
74.
75.
7-5, 11-2 no eIIeeL
Plaemelemrna phoe-
PhvPf0\=If\ WNW-
tase. JF 52-1 I .
KATP. CA 18-5 d _
Pyrophosphatase. 20
CA 5-4 d .4, and .1.
Wk d 1.9.
Pyruvame Idnaee.
CA 52-1 d . CA 4-1
d .
RNase (ribonucle-
CA 15-3 I. GIuouronIadae. .F on Caand phosphate). .CA- ue). JF 52-1. 40-1.25
12. Alanine. ca so-a 4. ae-1 4 .e as-1. 75_ Sglivgry .eu
13- Alflflfl Pfbivhlfiil- Gluarronyt trans- l4g2'.Zn2* enzymes d Wagga", w15o
14. Amylalee. JF 43-5 I. 35. Glutamate dehydro- Mg ATM" CA 41-5 4 ; 77_ Shgp bnin glu-
0A20-41- efwe-04154121 cms-se. unumqnuau.
15. ASPINID amnotrana- 37. Glutarric oxalaoetle Mn2+, Mn. complex. Wk 4
16. Cddum anhydraee 40. GIyoeraldehyde-3- 1.5-Phosphataev 32_ 2n2+,Mg2+ enzymes.
22. Clicic add enzyme. 43. ee Phoapholruetokinaae. CA 334 d .1.
wud .ea JFS2-4d mo. #52-11. 40
F-ppm, and no. tests. .0095-.19 (18), .20.1-0. (8),
1.1-5.0 (8); 5.1-380 (4); amount unreported: 40;
decreased: 66; increased: 14; unaltered: 3. .5
Prepared by Gerard F. Judd, Ph. D. Chemistry. 1-602-412-3955 11-21-95
Allments Caused by Fluoride

*Abdominal bloat W113,123-5
Aids R
Alzheimers R
Arthritis W144; Y45
Bedridden W111
Birth defects S; J5
Bladder injury W110
Blindness W117
Bloody kidneys W115
Bloody uterus W144
Bloody vagina W144
Bones embrittled F; J5
Bone fluorosis W115; Y34; F, J5. 123-5
Brittle teeth R
Brittle bones J5
Bruises W115
Cancer - bladder, Ja91; J6; R
urinary 1.38x NF
Cancer - breast Ja91; J6; R
1.21x NF
Cancer - esophagus .1a91; J6;
R 1.72x NF
Cancer - intestinal, .1a91; J6;
R large 1.40x NF
Cancer - kidney Ja91; J6; R
1.17 NF
Cancer - ovary, JBS1; J6; R
tallop tube 1.19x NF
Cancer - rectal J91; J6; R
1.8x NF
Cancer - stomach J91; J6; R
1 .46x NF
Cancer -tongue Ja91; J6; R
& mouth 1.44x NF
Canes increase R
Carpal tunnel (CTS)(RS1) J5
syndrome
Cataracts J4
Chizzola macula W144
Chronic fatigue W110-119; J4
syndrome
Chromosome aberrations Y61
Concentration inability W-14
Collapsing W144
Collagen synthesis decres J6
*Constipation 110, 123-5
Cytotoxicity R
Decay increase R
Dental fluorosis JS; Y1-139
*Depression W123-5
*Diarrhea W144, 123-5
Dlulness W110,144
*Db1 blind provn ailmnts (13)
W123-5
Dry mouth W111-119
Down's syndrome W212; J6
Ear, inner disorder W144
Eczema Y8
Fatigue Y19, 114
Fertility loss S
Fetus reduction R
Genotoxicity R
Genu Valgum J6
(knock knee disease)
Gilberts disease J6
(hemorrhagic yellow jaundice)
Gingivitis R
Gum pockets R; Y14
Gum sore R
*Headache W110-144; Y8; W123-5
Hearing loss (neural) R
Heart hole Ja80
Heart death increase Ja80; J6
Hemorrhages, skin W115
Immunosuppression J6
Immuno-chemo-taxic decres J6
Incoherence W115
Infant mortality S; J5; R
increased 5x
Intestinal cramps W110
Intestinal distension W110
itching W113. YB
Ligament calcitication Y41
Mental confusion W44
Migraine W110; Y8
Mottled teeth R
Mutagenesis Y61
Mutation repair reduced R
Nasal disease W144
*Nausea W114,115; Y14,123-5
Numbness W113-144
Nystagmus (involuntary) W144
movement of eyes)
*Pain, bone W111,123-5
Pain, bowels W114
Pain, head W115
Pain, intestinal W110
Pain, muscular W113,119
Pain, spine W111
*Pain, stomach W115,123-5
Polyuria (large urine) W115
86. Premature delivery S, R
87. Retinal degeneration J6
88. Retinosa pigmentosa R
89. Scotoma (spots in vision) W115
90. Seizures W111,120 10
91. SIDS J4
92. Sister chromatid exchange R
93. Spastic bowels W113-114
94. Sperm alteration W
95. Spennatogenesis W
interruption
96. Stomach cramps W119,121 15
97. Stomach gas W119
98. *Stomatltis W19,123-5
99. Survivability lowered Y4
100. Tendon calcification Y51
101. Testes altered Y57
102. Thyroid oelcification Y51 20
103. *Thirst exaggeration W123-5
104. *Tlnnltus W123-5
105. Ulcers, mouth W19,123-5
106. Ulcers, stomach W133.162,359
107. Urinary tract defect W153-7
108. Urinary tract problems W343-4
109. Vas deterens defect R 25
110. *Vertlgo W123-5
111. *Wsion blurred W10,145,123-5
112. Vomiting W11-1,121
113. Weight Loss W113.115
*Double blind effects (13) established by 60 patients, 12 physicians, 130 pharmacist, 1 attorney (under Moolenburgh).
W123-5. 011-31-23-316-818
66 enzymes are decreased as fluoride detaches their hydrogen bonds
5
Gerard F. Judd, Ph.D.
Researcher, 18 yr.
Professor of Chem., 30 yr.
Alpha Chi Sigma member
Emeritus, Am Chem Soc.
Sigma Xi Research
Atomic bomb research award 40
6615 W. Lupine
Glendale, AZ 85304
1-602-412-3955
Nov. 20, 1995
45
page 54
This is the result of drinking water with from 2 to 4 ppm fluoride in it.

Observation of literature by Gerard F. Judd 3-8-96

Environmental Health

Perspective

pp 127-244, Feb 1994

Nu-I Publication Service 40

U.S. Dept of Health and Human Services

Public Health Service

A National lnstitute ol Health

P.o. sax rzzaa

The had side ol fluoride. Researchers uesggoe urs?" Pm 45

say in some villages nearly all adults suf- 919-541-5311

fer skeletal fluorosis.

page 55

RDA Values: Established Aalone ol Vltarnlns and Element RDA Vallee lor 75 kg (155 la person)

by Gerud F. Judd, Ph D Prepared 9-28-94

Vlaam ' RDA (grins) Berner! ROA(gruns)

1. A (SOCD IU) lriedlon, retina, clrwl1llon, vlan!

2. B-1 Coenzyme, carbohydrates. berberl. heart
edalia. lethargy. appetite. hyperglyoamla.

3. B-2 Requalrallon. sluggish, dizzlneas, dropsy

eczema. cataracts, grkty eyelids

4. B-0aBloodveseels.mentalconlualon,leelone,
pellagra, vertigo, deatneas. sleep,
migraine, llnnlntus

5. N-3b 3-D' e (diarrhea, drmentla, darrmtllltn

6. B-6 Arthrlls. dead nerve, carpal tunnel

syndrome, parldneons. lnaomnla, epilepsy,
daarlle horses, energy

7. B-1 Gromh, sturling, hone marrow, eye mem-

hrmes, hai

8. B-dt Clrcdatlon, blood pressure. headaches,

myasthenla gravla, cholesterol, ear noises.

oonstbatlon. , heart

pabitatlonana

9. B-1 Ulcers, eirculation, gums, glossltia, athero- .0004

sdrleroaia, ahorl breath, reprodudlon,
anemia. tendons

10. B-p Longevity, alerglee. reprodudlon,
stress. colltle, while cells. endurance

11. B-pdaa Growth, lenlllty, chromotr1cla

12. B-b Derrnllllia

13. B-12 Anemia, MS, numbness, bursitia, nerve

sheath, brain, psychoees, latigue

14. B-15 Heamrheumatism
15. B-17 Cancer
16. C Immunlty, all viruses, connective tissue, cancer, valley lever, TB, reproducible,
17. D-2 Bones. Qpclite, heed-
aches, dizzomess, teeth, pain, wana
18. E MD. dots.lerliIity, oxygen, Buergsr's
disease, Parkinsons, palsy, edema,
alerlllly, gangrone. nephritis
19. K Clotter. laundice. liver disease
20 Co-O-10 Heart, circulation. oxygen. bursitls
  .015 1. 0 RespIrlton. arthrlh. vlrues, drwldlon unllrned
  .0015 2. H Aclldy pH7.0
  .0017 3. P Elearlcal, energy. memory 1.0
  .00 4. Na Heart bed, venlgo, eshaudlon ' 2.5
5. Fe Hemoglobin, oxldae adlvetlon, .018
  .020 8. C O1U1'lU#1X11'i unllmled
  .002 7. K Heart bed reguldlon .000
8. Zn Growth, plultary, testicles, eyes. .015
  ,150 enzymes. colds,
  .100
9. Ca Heartmusde rehxatlon,bones(wlhD). 1.25
  .250
10. Cu , aaahh vlamh C. utcer .N2
11. Mg Eruyrnes, heart, bone, Aw
12. Mn Epilepsy. lmpua, enzymes .007
13. s Carllege. rmochrorne c o_o
  .010 14. Sn Urrlrown .020
15. Sl Fleproduction. bones 1.0
  .030
15. I Thyrold, oxygen, Qdhy 11215
  .0013
17. N Enzymes,vitarnlns,DNA,RNA,proteins 2.8
  .006
18. Cr Insulin. cytochrome oxldase .0002
  .020 19. Cl -amyhe adivator 2.5
  .005 20. Se Lsrrb muede dleeeae (wlh E), liver, .00002
exodallve dlathesh, loin lnltrnation
4.0
21. B Plant growthand reproduction .005
  .001 22. Co Enzymes, p. anemia, emadation, latty .001
liver, cholesterol
  .200 23. V Bones,lesth.lungleslons.TB .0w2
24. Ba Growth .050
  .00125 25. Ni Methylation .001
  .020
Sqrplementaryz Camitlne 1 g, other amino acids (&) 0.5 g or more,
tryptophme, phenylalanine, hlstldlno. lyslna, serine,
threonine, lssoleucne, proline. These can all be obtained lrorn meal or
omeana. Other protelns are less complete.
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TABLE I
Lethal Dosage for Each Chemical.
mo/ko
B0l'fl'1l.Fl'1l(1lUf0fdK1l\) .. .0000003
Telinus ................
orpmena ............
Taiooxin ............
asain , ................
sum (10 ppm) .......
Arshe (50 porn) .......
amermroan ............
5l552
as?
P$8UOU1'10l'13S 301'UUlll0$0 ....
couramxirm ............ .005
sadism .................
Terroaormun .010
samn ............... .01 0
sam .................... .01 0
9-Aunarauummm .010
Beiahungarotmdl 014
Fruoreaceucacsa .... .... .050
srryrnmme ........ ... _030
conramxin ............ .015
oesgrueenuonmr ........ .092
Hislamine ............ .10
3-rryormrypnanymmieeryr ._10
31l'1'1'10l'i1l'i1'l'Bhlhy1 SUll311
bel\2ylC3r0arl'1311
Alphahuoroburyrate ........ .10
rIHIllyl&Bf
suepnannrinne .14
CorcorosideB .14
Sarnovide ............ .15
Mansonin ............. .15
Sodium aloha huoro- ....... .15
crutonde
Neosriqnie ............. .17
Transvallin ............. .17
Chlorine (30 P001 10 min) . .17
Nitrogen trichloride (012) .17
Curare .................... .19
Hydruxycyanic acid ....... .22
L-Epineohrine ............ .22
Ethyl-5-lluoroheXanate ..... 24
Sodium lluoroacei ate ........
Cholera ..................
Viscotoxin ............. _
Odorobiocide H acetate ..... 
Plutonium citrate ...........
Alpha Hunoaroloxin ........
rmospmm (eo nom. s mm ..... 
mmm ................
Pswdelin ............
Neogerrml11ne ...........
Glddxin .............
Penicillin

Indulull Sullile

HYW0030 Sebnidv (5 FW)

wrmuenr-mrs 000000112

I'lydr3ZiiC acid (est) ........

Di-isopropyllluonv ...........

nhosnhde

vx (war mm liquid) ........

2.4.6-lris(1-eihylerieirnirre) ...... 0138!

Dinelflyldleiflylpym ...........

900800218

UITISW .............. ......

Milluside ....................

Potassium cyaride .............

AIM Clildrlde ............. ..

Paraoxan .............

Disuifoton .........

Diphocinone .........

Phd! me ...........

D1l111l1mS .......

Cycioheximide ..... Teruulos ..........

Oleandrin .............. ....

Sodium cyanide .........

Sodilm Sebnale ..............

Tl'ISC1'l110l'De0iyl3i1lll\'le ...........

Quinrdine ..............

Ouinirrri-propyl chloride ......

Sodium azide ..............

warlarin ..............

Phenylhlhiourea ..... Dlllonatn .......

Phosdrin ..... MLSUIU U35 ..... ...

...en

un..

ea...

nu..

Sgasmamwuaswsusumm

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3.5
Erooiamine
Vrlarrin B12
Mephosrolan
Parathion
Znophos
Sodium selenaie
Dioiialis
Morphine
Heroin
Caroonyl sulhde
(1000 nom 10 miruies)
Medryharathion
D-ipeineohrine
Nicotine hydrochloride
Selenium oxychloride
Camophenothion
1sodrin
Arsenic (V) oxide
EPN
Carbon monoxide (breathe
1000 Dpm10f4 rrinulns)
Carholuran
Arsenic acid
Monocrntophos
Fiuosiiciic acid
Vanadium pentmride
4,6-Diniiro-o-cresol
Sodium arsenate
Chlorfenyiphos
Methiocam
Guthion
DUT
Bayihroid."
Hydrogen sulfide
Thalium (ll) sulfate
Coumaphos
Phospharnidon
LSD (psyco at1 rncq/ku)
Mercurochrome
Phenyimerrzurichydroxide
4-Aminopyridine
Phenyimercuric aceiate
Dioxathion
Coumalenyl (lurnarin)
Thalium (IV) sulfate
Aldmrycarb

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N111'l\1ll\1lll\CNU@
Pyl'1'0li\G@
vmmuopnm
am
2,4-Dinhnphenol
umqnywan
Pmynmgoycu
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N-1110111-N-1-0U11M-
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P%1l'C1U'*
Crlnmacaticaciu
Msunmmid.
DEMENTIA AND DENTISTRY

The definition of dementia as used in this report connotes a mental ailment that may or may not be irreversible. This differs from the dictionary definition pertaining to by-gone times where dementia meant any irreversible brain disease.

Five million persons in the US have some form of dementia, and half the population, at some time in their lives, have mental ailments. Inasmuch as the American Dental Association, with its long arm, takes a foremost role and responsibility in fluoridating 60% of US cities, it is primarily responsible for dementia from fluoride and aluminum, which act in concert with each other to cause Alzheimers, epilepsy, Parkinsons, MS and other dementias. Since the American Dental Association approves placement of dental amalgams, which contain 50% mercury and other heavy elements, they are a prime contributor to dementia from these sources.

Alzheimers is now the 4th leading cause of death in the U.S. Many mental ailments are described in the scientific literature. Examples of several dementias caused by fluoride, aluminum, aluminum fluoride and mercury amalgam, will be given here. A

FLUORIDE

Convulsions and Headaches: Convulsions are violent contractions of the muscles of the head. Mr. NK'1', age 45, had severe headaches with other symptoms and two episodes of convulsions while on Milwaukee fluoridated water (F=0.95 ppm). When he was switched by Dr. Waldbott to distilled water or well water (F=.15 ppm) all his symptoms leftB. Repetition of fluoride symptoms occurred as MKT recycled into Milwaukee several times. We believe his headaches and convulsions resulted from fluoride destruction of the enzyme cytochrome oxidase, cholinesterase and possibly others involved in respiration. Fluoride breaks the hydrogen bonds of these enzyme structures thus ruining their function. Avoiding fluoride in the diet seems to be the best part of wisdom to avoid convulsions and headaches. A
Epilepsy is an electrical disturbance of the central nervous system, in its most serious form leading to grand mal seizures. This author once experienced a series of severe headaches which terminated in an incapacitating breathing malfunction, with pins and needles nerve action and disorientation and an unstable equilibrium. This was caused by drinking copious amounts of fluoridated water in the Litchfield Park area and at the same time cutting out all milk (F-antidote) from his diet. The medical diagnosis was psychomotor epilepsy. The inadequacy even to navigate and the feeling of complete helplessness during this period is one which will never be forgotten. Recovery was slow over a period of several months. The disorientation, inability to concentrate deeply for long periods and out of breath episodes slowly diminished after drinking Phoenix water with only 0.3 ppm fluoride and reintroduction of milk into the diet. It is believed the fluoride in the water destroyed cytochrome oxidase, cholinesterase and other oxygen-handling enzymes in the blood. Some folks are short, some long on the production of these and many other enzymes which keep us alive. These enzymes require 20 vitamins, 26 elements and 12 amino acids for their construction. I advise all to take these daily to avoid my experience.

IQ Diminishment: This ailment may be allied to the short term memory loss of Alzheimer's, since many questions on the IQ test require memory. The IQ values of a large number of 8-13 year old Chinese children were studied by Chinese scientists. It was found that those children who had moderate to severe fluorosis had a much lower IQ than those with minor fluorosis.

Max IQ of low fluorosis students 140
Max IQ of moderate to severe fluorosis students 110

Similarly, a study by Soviet physicians showed neurological symptoms in 79% of patients with occupational fluorosis. The reader should be warned, however, that fluorosis in these cases, while explained by an exclusively fluoride phenomenon, can more correctly be explained by bone, brain and tooth malnutrition where the patients have no milk. Normal depletion of the calcium and phosphate then permits other elements to migrate into the teeth, giving brittleness and various colors. A diet free of fluoride, with good protein and with all
essential vitamins and minerals should eliminate fluorosis, lower epilepsy and enhance one's IQ.

ALUMINUM

Alzheimer: Alzheimer patients lose short term memory. They forget such things as faces and names of loved ones, current dates, days in the week, month or year, the name of the U.S. President and other common items. They will be on an errand such as going to the mailbox and forget what they are doing. They easily become lost. They do not, however, have the tremors of Parkinson's and MS.

Rat Experiment: A single injection of 13.2 mg. of aluminum chloride into the hippocampic space of a cat's brain caused the cat to lose all short term memory and exhibit Alzheimer characteristics after 9 days. Other workers confirmed the result, which was repeated several times. The aluminum had destroyed cells in the hippocampus (memory site) and neo-cortex. It is known that ions of several heavy elements such as cadmium, iron, lead, manganese, mercury and zinc have produced Alzheimer's as well as other dementias and we believe they would do likewise if injected into a rat brain, as was aluminum chloride. We believe removal of fluoride from tap water and reduction of sugar in the diet would essentially eliminate aluminum from the brain and overcome the battery of brain diseases we are plagued with.

ALUMINUM FLUORIDE

Alzheimer's Disease: Rat Study: In an excellent study by Dr. Robert Isaacson, State University of New York, aluminum fluoride was added to the rats' diet. This, contrary to normal expectations, passed through the brain barrier and gave the rats short term memory, smell sensory loss, unsteady gait, and loss of cell structures of the neo-cortex and hippocampus, all symptoms of Alzheimer's. We believe that in addition to the toxic effect of fluoride, the aluminum ion (1) caused interneural tangling and (2) blocked oxygen flow due to precipitation of aluminum oxide in the blood vessels. Oxygen facilitates electrical conduction of neurons.

Most Alzheimer's cases are thought by some experimenters to involve aluminum fluoride.

Cerebral Epstein Barr Syndrome: CEBS is characterized by extreme exhaustion, inability to concentrate, difficulty in walking, immobility, short term memory decline and
scarring of the brain. This dementia has risen in the population to a high level in recent years, especially in people on the run, having a poor diet and rest regimen. Hillary Johnson describes her own bout and others with the disease. The magnetic resonance imaging detection of scarring of the brain as in MS was observed also in this ailment. CEBS has many features in common with MS and we think the plaques and destruction of oxygen handling enzymes caused by the toxic fluoride, aluminum, mercury, and other ions, reduce oxygen flow. Under conditions of brain barrier opening, viruses can enter and finish destroying speech, memory, equilibrium and other motor functions of the brain in absence of oxygen which normally would destroy the viruses. Viruses may explain the steadily downward trend in health of MS and CEBS patients over the years. I use Vitamin C in amounts of 3.4 grams daily to mitigate my mononucleosis, the very ailment caused by Epstein-Barr.

Multiple Sclerosis: MS is characterized by demyelinization of nerve sheaths in the brain and spine, numerous white spots under magnetic resonance imaging, muscular weakness, tremors and optical neuritis. Many symptoms such as slurred speech, unsteady gait, shuffling steps, and poor balance are similar to Parkinsons, which symptoms are identical to manganism. Many MS patients have 8x the mercury in their cerebrospinal fluid than normal personal.

MS Case: An unusual case of MS was discovered by the author-1. B.P. developed MS and eventually determined the cause was his excessive consumption of soda pop from aluminum cans. After forsaking this habit, his MS stabilized and began to improve. Here, fluoride and sugar is postulated as transporting aluminum ion through the brain barrier. This would not be normal behavior for aluminum ion because of its highly charged, hydrated, expanded character. Except for presence of fluoride or sugar, aluminum would not normally _gg the 'inpenetrable' brain barrier.

What is a plausible explanation of these cases of mental illness caused by aluminum fluoride? Fluoridated water of soda pop with its 13% sugar, and low pH (43.4)is thought to be an excellent media for migrating aluminum into the brain. Fluoride (boiling water, 10 minutes) dissolves 1000 times as much metal from aluminum containers as pure water.
(0.2 mg/L) K and acid dissolves even more. One may become a dementia victim simply by cooking in aluminum ware or drinking pop from aluminum cans. As cited above, aluminum fluoride penetrates the brain barrier whereas aluminum ion with its high charge and hydrated character could not get through. Not only aluminum fluoride, but mannitol sugar has been used to pull drugs through the brain barrier by Dr. Edward Neuwelt L. Other sugars such as glucose and fructose in soda pop are expected to do the same. We look on soda pop as ideal for aluminum fluoride transfer through the brain barrier. The great increase in soda pop consumption in America since 1945 and the decline in milk consumption, together with the increase of fluoride and aluminum in US water could explain why Alzheimers has become the 4th major cause of death in the US. Since reduced blood flow in the brain is characteristic of Alzheimers*/1, the neuron tangling by aluminum ion and the aluminum oxide plaque theory makes sense.

MERCURY
The fillings placed in the populations' teeth for nearly a century are called amalgams. Amalgams are 50% mercury, 15-30% silver, 3-30% copper, 10% tin and 1% zinc. 90% of all people are mercury sensitive. Sweden, under the National Health Board advisement, began amalgam plaque in 1990 and Sweden and Germany now ban mercury as a dental filling material. Instead, various plastic composites are now used to which patients are not allergic. Dr. Hal Huggins has made a thorough study of a great number of these composites, and although some are allergens, they do not have the mental incapacitating effect of mercury. Alzheimers, epilepsy, Parkinsons, manganism, multiple sclerosis and hallucinations may be simply manifestations of different degrees of electrical interruption in the same or different locations in the brain, and symptom crossovers seem to be pretty common. Mercury amalgam removal has had a striking effect in alleviating these ailments in many cases. One filling can give a serious brain ailment and sevenis almost sure to be. M V

Alzheimers #1: One minister's wife had not spoken a word for 14 years. Ten days after her amalgam removal she mumbled something. Shocked, the minister said, 'What did you
say?' 'Nothing,' she shouted back. From that time forward she was able to converse normally. Many Alzheimer's brain samples have 8x the mercury in the cerebral cortex as normal. This mercury derives from the vapor emerging from amalgam-filled teeth. Amalgam half life is 4 years.

Alzheimer's #2: Tom Warren had his Alzheimer's cured by amalgam removal. His CAT scan showed that the lesions on his brain were gone.

Chronic Fatigue Syndrome: A 16 year old boy was so fatigued he could attend school only every other day. Removal of a small pit filling permitted him to keep up with his peers within 3 weeks. We believe amalgam caused the electrical short in his brain.

Epilepsy: Susan, 11 years old, had seizures every 15 minutes for 6 months. She was immobilized and had 3 months to live. It took 4 persons to hold Susan down during the amalgam removal because of violent convulsions in the dental chair. In six days she woke up, the numbness in her body was gone, her brain was clear, and she could walk. By spring she was videotaped running the 100 yard dash in 14.8 seconds. The American Dental Association executive said, 'We are not impressed,' and later declared the tape to be a fake. The brother of the sister said, "My sister had seizures, I know they were not faked.'

Hallucinations: Hallucinations are unreal 'motion pictures' occurring in the brain.

PK, 57 years old, had 27 amalgams removed and received chelation therapy, a process where ethylenediamine tetraacetic acid is administered I.V. to remove toxic metals from the blood. His dementia, which included headaches, hallucinations and other peculiar behavior, promptly ended and now, 12 years later, he is a sane, active and productive member of his community in Lakeland, Florida. Strep mutans in the mouth make methylmercury from mercury, and this is 100x more toxic than mercury. We believe that methylmercury because of its high activity may change neurons into methylated neurons, thus leading to short circuits. This short circuiting in the brain occurs also from electric current generated from voltage of alloys in the teeth. Gold is particularly bad in direct or indirect contact with amalgam inasmuch as it has the lowest EMF of any metal (EMF of Au -1.36; Ag - .80; Hg +.04; Ni .231; Cu .34) Z and thus would generate the highest current flow in the presence of an amalgam.
Multiple Sclerosis #1: Attributed to Mercury: Chuck Flekoske, former chairman of the Kansas MS Society had MS. Upon amalgam removal, he got to the point where he could play 3 sets of tennis with his teenage son and beat him BB. Many MS patients have 8x higher mercury in the cerebrospinal fluid compared with neurologically healthy controls.

MS #2: Not attributed to mercury: CJ's MS began with a dangling toe at age 16 and his symptoms such as tremors, slurred speech, shuffling step, weakness and 40 brain spots added on up to age 61. No fluoride, aluminum or mercury of significance was in his diet, so these cannot be blamed for his MS. The only reason I can see for his MS is his history where between birth and 20 he consumed large quantities of rich Jersey ice cream and breathed large quantities of ammonia while cleaning chicken pens. It is possible that the sugar and ammonia opened his brain barrier to viruses and bacteria which did the rest. Fat plaques were also laid down to slow oxygen supply to the brain and CJ has had a quadruple bypass because of a heart attack. He has stabilized his MS by nutrients, .5 mg klonopin for muscle spasm control, 200 mg amantadine or 400 mg symmetral for flu protection, and B-12 shots for pemiclous anemia CC.

Parkinsons Disease: Parkinsons, which is characterized by lack of dopamine in the center of the brain. It can be controlled for about 3 years by that chemical whence serious deterioration sets in. The first symptoms are fatigue, trance, irritability and erratic behavior called 'manganese madness.' There is then damage to brain cells that causes tremors that occur at rest, 'pin rolling' movements of the fingers and a mask-like face. Other indications are a shuffling gait, a slightly bent over posture, rigid muscles, and weakness. The victim may drool, have a heavy appetite, be unable to stand heat, have oily skin, be emotionally unstable to the point of dementia, and have judgment problems. The syndrome is made worse by tiredness, excitement, and frustration. There are headaches, impaired equilibrium and slurred speech. There is poor coordination and control of movements because of abnormality of nerves and fibers by destruction of cells of the basic ganglia of the brain. Cells are destroyed as well.
as dopamine in the substantia nigra basic where there are
catecholaminergic nervesFF. There
are hallucinations and compulsive actsGG.
Parkinsons, Case 1: Huggins asserts he cured some cases of Parkinsons by
amalgam
removal combined with lower root decavitation.HH
Parkinsons Flelated Manganese,manganese, caused by an excess of manganese in
the brain, has identical symptoms and is indistinguishable from
Parkinson's disease" as described above.
In a study of the Devel Vocations Institute of Stanislau, California,
Felons of average age 29 had an average manganese level of 2.20 ppm in hair tests compared to
town controls of 0.30 ppmGG. Apparently excess manganism predisposes one to criminality.-U
Groot Eylaudt 'Island,' Australia, where manganese is mined, has the highest rate in
crime, arrests and incarcerations in Australia. The scalp and pubic hair of these people is 20
times higher in manganese than the control group from Sydney, Australia.

It is not known where the manganese for manganism comes from. However, the clue
we seek may lie in the data on convicted felons of the Devel Vocational Institute, Stanislaus,
California. Apparently a common source of manganese is occurring in the
young men who average 29 years. Since the symptoms of manganism and Parkinsonianism
both come on slowly over a lifetime, the manganese source could be in the fluoridated
water in coffee, tea, chocolate or cola drinks, in fast meals such as hot dogs or hamburgers,
or in what one might call 'junk' food or high sugar diets. Since criminality in individuals is known to be reduced by
providing good nutrition using vitamin and mineral supplements, improved metabolism may
slowly excrete the excess manganese and close the brain barrier.
I believe with Parkinsonianism and manganism that (1) Excessive manganese in the diet
with its specific function in the Krebs Cycle robs the brain and muscles of oxygen, leading to
stupification and viral destruction of the brain. (2) Fluoride from fluoridated water destroys
molecules such as cytochrome oxidase, cholinesterase, dopamine and other enzymes which
make oxygen useful in the electrical and energy system. Older people, with poorer diet and a
slower metabolic function, become more vulnerable. (3) Lack of vitamin C prevents synthesis
of hydroxyproline from proline in biological production of cartilage and protein necessary for
nerves, nerve sheath and muscle fiber production. (4) Lack of vitamin C prevents synthesis of antibodies which protect against viral destruction of the brain. (5) Vitamin C enhancement in the diet is known to lead to a small steady increase in IQ in people, perhaps because of increased oxygen production. (6) The function of oxygen, the enzymes which handle it, and the relation to electrical conductivity required for speech, mobility, equilibrium maintenance, facial expression and other normal functions is not known, but is held to be vitally important. Many negative physiological conditions such as enzyme destruction, fat plaques slowing hemoglobin flow, impaired breathing, etc., could be an explanation for both Parkinson's disease and manganism.

PREVENTION AND RECOVERY FROM DEMENTIAS
I believe several measures can achieve avoidance and perhaps cure of the above-described dementias caused through dentistry.

(1) Avoid all fluoride products.
(2) Avoid soda pop put up in aluminum cans. Do not cook in aluminum ware.
(3) Drink non-fluoridated water. Avoid drinks and foods put up in fluoridated cities.
(4) Take 1000 mg calcium as an antidote for fluoride.
(5) Take vitamin C daily, 4 grams, as an antidote for fluoride, for its nutritional value, and for its antiviral, antibacterial effect.
(6) Take the RDA of all vitamins and minerals. Rare earth elements seem to add healthy years.
(7) Take an adequate source of meat, milk and other good sources of protein for synthesis of nerve and muscle fiber. Proteins as well as certain amino acids may act as an antidote to remove fluoride from vital enzymes.
(8) Find out the excessive sources of manganese and limit them.
(9) Remove triglycerides (TG) from blood vessels through lecithin (gives lowered mixed melting point with TG and thus dissolves them). This complements a diet for fat reduction which has proven successful in some MS cases.
(10) Get exercise to enhance oxygen supply and body function. Swimming is helpful.
(11) Undergo hyperbaric oxygen therapy. It has helped many MS patients.
(12) Eat vegetables which have required enzymes from hydroponic water, which has all the essential elements. Small amounts of these enzymes may have great impact.
(13) Consider chelation therapy. Much success has been achieved alleviating Alzheimers and other dementias with chelation therapy through I.V. infusion. The ends of the EDTA
molecule hook onto the toxic metal ion and remove it from the brain as well as other parts of the body. Since it is an acid it also should remove some fluoride from vital enzymes and reactivate them. The ethylenediamine acetic acid (EDTA) chelate will remove metals in decreasing order—L:
1. Chromium 2+ 7. Cadmium 2+
2. Iron 3+ 8. Cobalt 2+
4. Copper 2+ 10. Iron 2+
5. Lead 2+ 11. Manganese 2+
6. Zinc 2+ 12. Calcium 2+
13. Magnesium 2+
At least 13 variants on EDTA have been used in medicine. This gives the physician great options for removing a particular metal as well as fluoride from the patient by chelation therapy. The American College of Advancement in Medicine estimates at least 500,000 patients have received 10 million chelation treatments in the US. Over 426 fully qualified US physicians are listed by address and telephone who are competent to administer chelation therapy. It is claimed that chelation therapy with EDTA has never produced a single side effect. The clearance time for EDTA is half a day and infusions are carried out twice weekly for as long as a year on an out-patient basis. The cost could be as high as $4,000 for a year presently.
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K. Reference A, page 110, line 22. 25
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City, NY, p 23, lines 11-13; p 24, lines 1-3.
O. Reference N p 20, line 28.
P. Reference A, p 263, line 11.
O. Reference A, p 131, line 25.
R. Reference N pp 78-79.
S. Reference N p 113, lines 28-31. 35
T. Reference N p 48, line 27.
V. Reference N p 49, line 5.
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GG. Reference A
, p 213, line 25.
HH. Reference N, p 48, line 8.
II. Reference A, p 213 line 7.
JJ. Reference A, p 209, lines 10-39; p 210, lines 1-36
KK. Reference A, p 214, lines 11-18.
LL. Reference A, p 227, line 30.
MM. Reference A, p 226, lines 26-35; p 227, lines 1, 2.
NN. Reference A,
OO. Reference A, p
PP. Private con
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